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Journal

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Canadienne
d'Economie Familiale

Fall 1984 Volume 34, No. 4

Automne 1984 Volume 34, No 4

A Look to the Future

Un regard vers le futur

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Cover design by Yvonne Lozinski — depicts the movement of players across a game board to symbolize the state of the art, professional preparation, professional practice, and looking to the future.

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. . . *from the* Editors

> We are living in the *time of parenthesis,* the time between eras. It is as though we have bracketed off the present from both the past and the future, for we are neither here nor there....
>
> The time of the parenthesis is a time of change and questioning....
>
> But in the time of the parenthesis we have extraordinary leverage and influence — individually, professionally, and institutionally — if we can only get a clear sense, a clear conception, a clear vision, of the road ahead.
>
> My God, what a fantastic time to be alive!

This excerpt from the conclusion of John Naisbitt's *Megatrends* presents a new way to look at the future and understand the jumble of the present. It is a fitting commentary for home economics as we move beyond 1984.

In this issue of the *Journal* focussing on the future, we have endeavored through the thoughts, comments, and perceptions of the authors to present "a clear sense, a clear conception, a clear vision, of the road ahead." Marjorie East reinforces that, for home economics, the future is opportunity; Kinsey Green presents an enlightening design for the future; and some of our own CHEA members, sharing their perceptions of the future, establish a diverse outlook. There are some fascinating insights, be sure to find them!

The present "parenthesis is a time of change and questioning." *Change,* a crucial section of the road to the future, is illustrated in the urgent need for pension reform, and the intriguing use of high-tech for diet analysis. *Questioning,* a sign of the potential for a good future, is prevalent in the refreshing discussion of the *name* dilemma and in our look at new insights into the role of diet in behavior.

As we look to the future, we must be ever cognizant of the present. If, as Naisbitt says, "we are living in the *time of the parenthesis*" in which "we have extraordinary leverage and influence," it is paramount that we make at most use of these powers NOW to ensure a bright future. •

NEXT ISSUE:

Transforming Institutions

Including: a look at home economics extension, our changing social institutions, role of political action in the transformation process.

Also including: a profile of a financial counsellor, more on ethnic textile design and nutrition. •

Letters

Home Economics Education in Quebec

I read with interest "Home Economics Education in Quebec — Commitment and Conjecture" by Betty Stafford Smith that appeared in the Summer 1984 issue of the *Canadian Home Economics Journal.* It gives a clear succinct account of the present situation, but I would like to add some comments on the new secondary level II (grade 8) program.

The introduction of compulsory junior home economics was actually initiated in 1974, but was not necessarily implemented by all school boards for various reasons. Under the new "Régime pédagogique" of 1981, much more vigilant government control plus a student accumulated credit system make it virtually impossible for schools to opt out.

Some difficulties are occurring with the new program, such as lack of time, scheduling, and vocabulary acquisition by French immersion students; but both boys and girls appear to enjoy the course thoroughly. The influx of non-specialist, often surplus teachers, reveals their generally traditional view of home economics, and calls for support and co-operation from the specialists. While the emphasis in the new program on consumer education is excellent and relevant to today's needs, 13-14-year-olds generally do not fully appreciate it and *appear to prefer* the activity of the traditional areas. I foresee the need to continue to include a certain portion of the home production aspect to retain the interest of this youthful group.

Regarding the proposal for a postsecondary course, I fully support the introduction of this needed addition to CEGEP calendars and wish the author much success in her endeavours.

Margaret B.C. Wallace
Consultant in Home Economics
and Service Occupations

We want to hear from you! Send Letters to the Editor:

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Presidents' Message

Le Message de la Présidente

Liz Dowdeswell

Where there is no vision,
the people perish.
— Proverbs 29:18

It is not surprising that in the year 1984 so many people are preoccupied with the future. Home economists are no exception. While CHEA is undertaking a comprehensive long-range planning exercise, many individual home economists have been musing about our ability to adapt to change in order to remain relevant in the coming years. Still others among us want CHEA and home economists to assume some responsibility for directing change, for actively choosing and creating the type of world in which we want to live and work.

Your organization, CHEA, has a vision. It's a vision based on a sound, common set of beliefs. We are confident that home economists have special and particular skills and abilities that are needed. The future requires the professional who can apply specialized knowledge with a generalist's perspective. The future will benefit from integrative home economists with their concern for the whole environment.

Your organization is committed to bringing out the energies and talents of its members. The best efforts of all of us are essential if the organization is to be successful. CHEA will listen carefully and learn from its members. It will foster a climate in which we can pursue common goals while recognizing the differences among us. We will patiently build coalitions. We will try many things, experiment and make mistakes, but we will continually respond to change. We will provide a supportive environment in which we can enjoy the companionship of colleagues.

In turn, CHEA will hold each of us accountable. We **must** be confident, in ourselves and in our fellow professionals. We **must** remind ourselves of our vision — a profession that cares, a profession that helps. ●

Quand il n'y a plus de vision,
le peuple périt.
— Proverbes 29:18

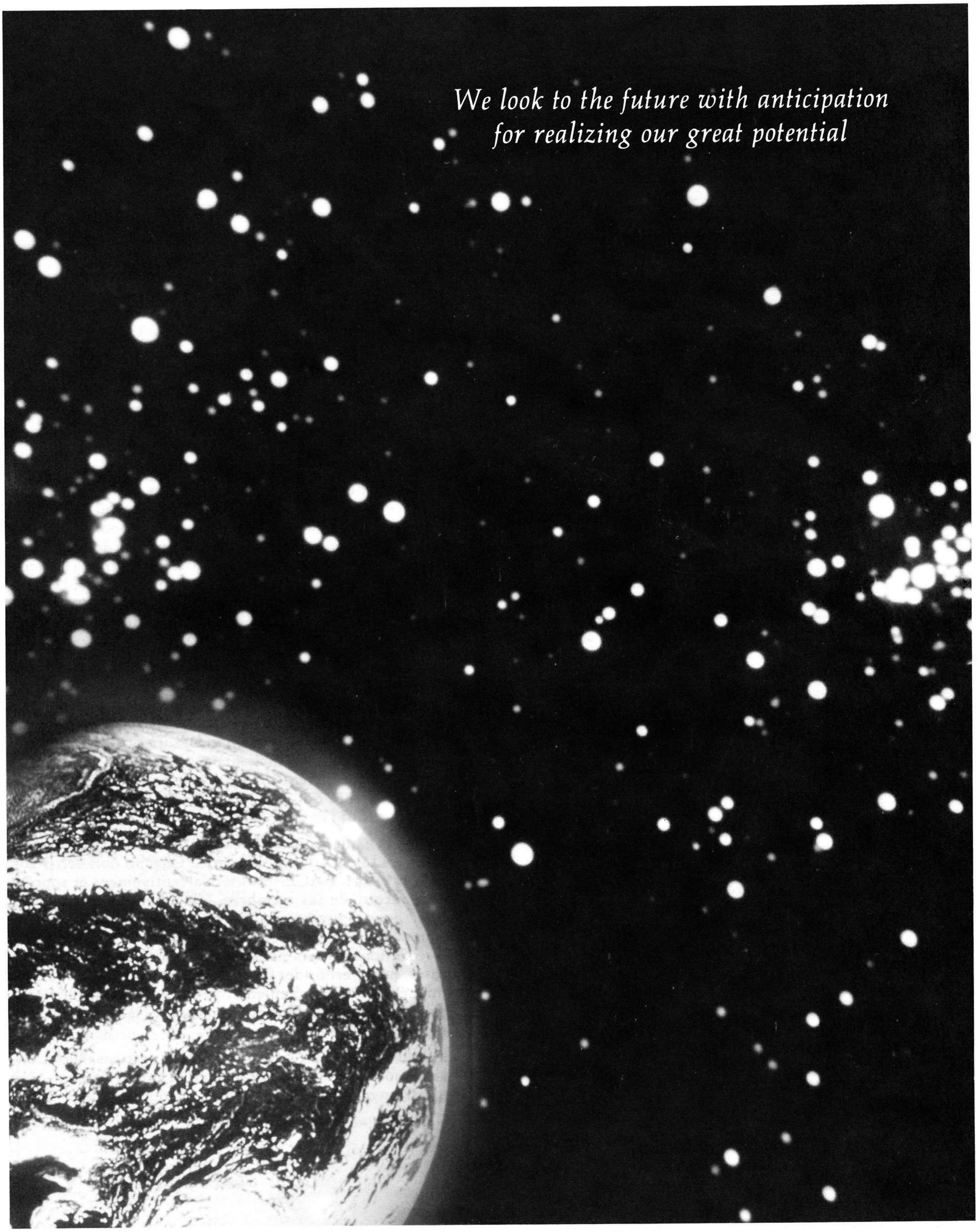
Il n'est pas surprenant qu'en 1984 tant de gens soient préoccupés de l'avenir. Les économistes familiaux ne font pas l'exception. Pendant que l'ACEF entreprend un exercice de planification à long terme, beaucoup d'économistes familiaux individuels méditent sur notre capacité de nous adapter au changement et maintenir notre pertinence à l'avenir. Encore d'autres parmi nous veulent que l'ACEF et l'économie familiale prennent la responsabilité d'influencer la formation du monde dans lequel nous désirons vivre et travailler.

Votre organisation, l'ACEF, a une vision. C'est une vision basée sur des convictions saines que nous avons en commun. Nous sommes confiants que les économistes familiaux ont des compétences spéciales et particulières dont le monde a besoin. L'avenir demandera un professionnel qui peut appliquer des connaissances spécialisées en ayant la perspective du généraliste. L'avenir profitera des économistes familiaux qui ajoutent à l'esprit d'intégration leur souci pour tout l'environnement.

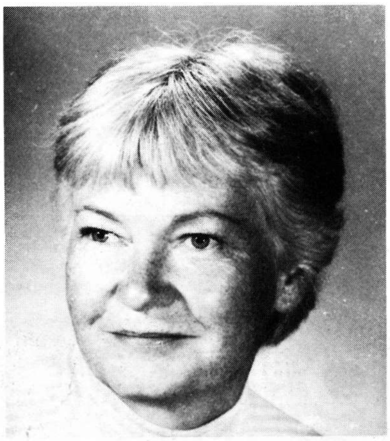
Votre organisation est engagé à faire ressortir les énergies et les talents de ses membres. Chacun doit offrir son meilleur effort. L'ACEF écoutera attentivement et apprendra beaucoup de ses membres. Elle créera un climat dans lequel nous pouvons poursuivre nos buts communs en reconnaissant les différences parmi nous. Nous formerons des coalitions patiemment. Nous tenterons beaucoup de choses, nous ferons des fautes, mais nous répondrons continuellement au changement. Nous fournirons un environnement dans lequel nous pouvons goûter la camaraderie et l'appui des collègues.

A son tour, l'ACEF nous tiendra tous responsables. Confiants, nous **devons** nous rappeler de notre vision — une profession qui aime et qui aide les autres. ●

liz dowdeswell



We look to the future with anticipation
for realizing our great potential



THE FUTURE IS OPPORTUNITY

Marjorie East
Guest Editorial

In recent months I have read two books which strengthen my pride in home economics. One is the book I have been editing for the American Home Economics Association (1984). It is a historical summary of the development of home economics, but it is not like other such histories. This book analyzes, chapter by chapter, each of the content specialities within our field, showing themes in their development, tracing the growth of characteristic values, pointing out research milestones, noting the ways in which that subject matter area has helped families, and suggesting future development. Each of thirteen chapters was written by specialist home economists who have shown us specific reasons for being proud. And, as summary chapters show, this is a case of the whole being even greater than the sum of its parts. The *home economics* which is defined through this examination of its separate content areas comes into focus as an integrated body of knowledge and set of value positions which are the foundation for a unique profession.

The other book is a history of the world in our times (Johnson, 1983). It has nothing whatsoever to say about home economics and practically nothing to say about families or homes. It is a vivid and riveting examination of world leaders and their fateful decisions; their mass murders of millions of people; the wars perceived variously as righteous, expedient or foolhardy, but always bloody; the political stupidities, brilliant coups, and naive good intentions. All is told, of course, with 20/20 hindsight from one viewpoint, which I may say, seldom agrees with the views of most American journalists over these years. Yet the horrible truth of this bloody century cannot be evaded. We have lived in terror-filled times and North Americans have been among the lucky few.

As I closed the second book, after 734 pages, I looked up and said "Home economics is a **good** profession to work in." It tries to improve life for people, no matter their religion or political beliefs. It does not see people's lives as expendable pawns in a power game. The two books discuss the same years. One shows us the view from the world stage where power is wielded over fates of people in great groups. The other book shows the view from the offices, laboratories, and school rooms where the power comes from truth explored and passed along, where the power is only that which people use, individually, to improve their own lives in some small way.

A quick review of family life in this century shows us great technological change, for example: electrical refrigeration, automatic washing machines, frozen foods. There have been sweeping social and economic changes, for example: great depressions, booms, and inflations, wide fluctuations in birth rates, a steady rise in the percentage of women at work outside the home accompanying the increased cost of the preferred standard of living. There have been changes in the amount of information getting to the average person, as well as changes in the media: proliferation of magazines and journals, growth of the paperback book, and, of course, TV and the computer. Yet, with all the many changes in the specifics of its subject matter, home economics has not changed in its basic characteristics. It remains an applied field — one which adapts, integrates, and translates knowledge, which is primarily educative, which focusses on helping people to learn what *they* want to know to solve practical problems *they* perceive and to make the best decisions which will speed them on the way to the goals *they* have chosen. Home economics thrives in a free society, it celebrates individual choice. Yet, it recognizes interdependency of individuals, it honors the necessity for intimate personal contacts as the only means for becoming human. By making explicit our most basic and characteristic values we understand what makes us all home economists, no matter our specialized competence. By recognizing the existence of these values throughout our century so far we look to the future with anticipation since it will provide more opportunities for realizing our great potential. ●

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Marjorie East is currently professor emeritus of Home Economics Education at Pennsylvania State University. Author of several textbooks and many articles, Dr. East has served as president of the American Home Economics Association and president of the American Council on Consumer Interests. She holds an AB degree from San Jose State College and MA and EdD degrees from Teacher's College, Columbia University.

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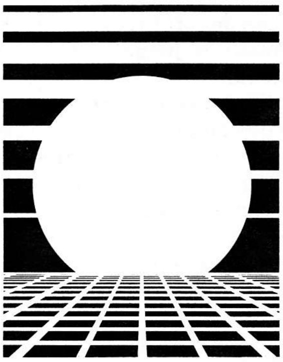


Perceptions of our Future

We should all be concerned about the future because
we will have to spend the rest of our lives there.

— *Charles Franklin Kettering*

Abstract

In order to examine the role of the home economist of the future, today's perceptions of the future must be considered. To this end, the editors approached several home economists from various fields of the profession, as well as an "outside" observer, to comment on where home economics will be by the year 2000. The profession has the potential to be alive and well in the year 2000 provided we decide what we want and take responsibility for achieving it.

Résumé

Pour examiner le rôle de l'économiste familial à l'avenir, on doit considérer les perceptions actuels de l'avenir. Dans ce but, les rédacteurs se sont approchés de plusieurs économistes familiaux de divers secteurs de la profession, aussi bien que d'un observateur de "l'extérieur" pour voir où l'économie familiale en sera en l'an 2000. Les thèmes suivants ont surgi:

- Nous devons nous rendre pleinement conscients de notre société mobile et anticiper, initier, et reconnaître le développement de tendances pour faire face aux défis de l'avenir.
- La diversité, la souplesse, et la flexibilité sont les points forts de la profession, mais il faut développer d'autres forces pour envisager les défis de l'avenir.
- Tous les niveaux de nos associations professionnelles doivent être actifs, doivent parler à haute voix, et doivent s'exprimer à l'unanimité.
- La profession a le potentiel d'être vivant et bien portant dans l'an 2000, mais l'obstacle le plus subtil (et donc le plus difficile à confronter) est celui qui se dresse quand il nous faut décider de ce que nous voulons.

En fin de compte, c'est nous, seuls, qui avons la responsabilité de décider notre propre avenir.

What happens in the future depends on what will happen between now and then; and what happens in that period of time is subject to human intervention. To an ever increasing extent, the future is what we endeavor to make it.

In order to examine the role of the home economist of the future, today's perceptions of the future must be considered. Without these insights, a clear direction for the future cannot be defined.

To this end, the editors approached several home economists from various fields of the profession, as well as an "outside" observer, to comment on the practice of home economics as the year 2000 approaches.

The responses are varied, but all have relevance to direct our thinking about the future. There are challenges, recommendations, dilemmas, and warnings. Here is what our respondents said.

The Perceptions

Mona M. Cox

Member, Planning Secretariat, Alberta Agriculture

"To plan our future in an uncertain world we must take into account Change and Constancy. The future consists of both elements despite the current emphasis most futurists place on Change.

"Change represents challenges, risk taking, adventure and at its height, a kind of magic and enchantment lent to our life. On the other hand, Constancy represents familiarity, safety, comfort and security.

"We need both — if we were faced with nothing, we would be in a perpetual state of uneasiness, anxiety and fear. There would be no rest for our spirits. If we had only Constancy to face, we would be in a state of emotional and spiritual stagnation like some sailboat out on a tranquil lake, totally becalmed unable to journey anywhere." (Bolles, R.N., *Futurist*, December 1983).

Looking ahead to the year 2000, I don't see home economics as a sailboat on a tranquil lake. Rather, I see it as a discipline invigorated by the challenge of remaining flexible in a changeable society. Many challenges are ahead for the profession, for its associations at all levels, and for the individual home economist. Our adaptability will be incessantly tested!

By virtue of our vested interest in social policy (whether or not the political climate is stable), I forecast our local, provincial, and national associations becoming strong lobby groups in support of family well-being. I see the family as the familiar constant unit, but with a different structure. Single parent families will increase and will be headed by more males. The number of common-law relationships will increase, particularly if our antiquated taxation laws are not changed. For those who choose to marry, more prenuptial contracts will be transacted to allow a more equitable disposition of assets in the event of a marriage breakdown. There will be more family bread winners job sharing — resulting in dramatic change to the world of work as we know it today. This is the *challenge* to the home economics profession: to take a proactive stance, to adopt a risk-taking attitude, to make use of lateral thinking, to take action by seeking public office and accepting directorships, to participate in the change and adapt to the results, and give up the secure "cooking and sewing" image.

To meet the challenge, the home economist will need to be an individual with high self-confidence, sound judgement, and no hesitation in taking action. The key to becoming a strong leader, facilitator and/or coordinator will be flexibility and adaptability. Furthermore, because the world will be in a greater state of change than today, there will be an increased demand for home economists with a generalist rather than a specialist overview. Academia will be challenged to adapt.

Change and Constancy — we will need both in the years ahead. The bottom line is not the game; it exists to tell how well you played the game. The bottom line isn't what you work on; it is there as a by-product to tell you what you did.

How will you be counted in the year 2000?

Marie Barrette
Professeur d'economie familiale au niveau secondaire, à la Commission des écoles catholiques de Montréal

Où en sera l'enseignement de l'Economie familiale dans les écoles secondaires au Québec, en l'an 2000? Comment le rôle des enseignants de cette discipline évoluera-t-il? Il n'est pas facile d'anticiper l'avenir, compte tenu de la rapidité des changements socio-économiques, technologiques et culturels présents, et des choix qui seront ultérieurement privilégiés par notre société.

En se basant sur le passé, il est permis de croire que le statut de cette discipline dans le curriculum de l'enseignement secondaire au Québec sera encore sujet à des remises en question. L'Economie familiale à l'école survivra dans la mesure où les objectifs des programmes d'études répondront de près aux besoins des étudiants et seront connus et endossés par le milieu de l'éducation. Dans la société hautement organisée de l'an 2000, l'Economie familiale continuera de se préoccuper des rapports humains à l'intérieur du groupe familial, peu importe les formes de ce dernier. Les contenus des programmes d'études seront ajustés suivant les progrès scientifiques et technologiques, et l'apprentissage des processus de gestion et de décision prendra de plus en plus de signification dans la complexité des choix à effectuer pour satisfaire ses besoins.

L'élève sera le premier artisan de ses apprentissages et c'est à partir de ses problèmes de vie quotidienne dans les domaines de l'économie familiale, qu'il sera amené à trouver des solutions pour s'assurer une qualité de vie. Le rôle de l'enseignant sera davantage orienté vers le "monitorat" (assistance, soutien et évaluation des apprentissages de l'élève) et la conception de matériel pédagogique (didacticiels, unités d'apprentissage, instruments de mesure, etc.).

> *I see it [home economics] as a discipline invigorated by the challenge of remaining flexible in a changeable society.*
>
> — *Mona Cox*

Compte tenu de l'absence actuelle de formation en Economie familiale dans les universités francophones, l'enseignement de cette discipline à l'école secondaire sera lié à la qualité du perfectionnement et de l'assistance pédagogique dont disposeront les enseignants généralistes. Ces derniers, ayant à enseigner plusieurs matières à moins de groupes d'élèves, pourront faire servir l'économie familiale comme discipline d'intégration des savoirs, compte tenu de l'intérêt suscité par les sujets traités. Le nombre croissant d'enseignants masculins dispensant les programmes d'Economie familiale aidera à faire disparaître l'image sexiste liée à cette matière, appuyé en cela par une évolution sociale orientée vers l'interchangeabilité des rôles féminins et masculins.

Pour que l'Economie familiale prenne un essor significatif au Québec d'ici l'an 2000, il demeure impératif que les multiples services que peuvent rendent les professionnels de cette discipline soient mieux connus des autorités gouvernementales. C'est à partir d'une volonté politique que seront accordés les crédits budgétaires aux universités francophones pour la formation d'économistes familiaux oeuvrant tant dans le domaine de l'éducation que celui des affaires sociales et de la consommation. Jusqu'ici, les multiples efforts faits en ce sens par l'Association d'Economie familiale du Québec n'ont eu que de minces résultats mais l'appui reçu récemment de divers milieux scolaires laisse espérer que les jeunes québécois pourront encore bénéficier de cet enseignement dans les années à venir.

Betty Crown
Professor and chairperson, Clothing and Textiles Department, University of Alberta; president, Canadian University Teachers of Home Economics

I believe that by the year 2000 home economics will be recognized as a profession through provincial legislation granting some form of self-regulation. Such legislation will allow the profession to secure, maintain and promote the levels of proficiency and standards of competence which the public expects and deserves. The public will be protected through educational and experiential requirements for membership, and standards of performance.

By the year 2000, it is likely that educational requirements for membership in the profession will no longer be simply a degree in home economics, but will include specific requirements. For example, although it is unlikely that a subject matter oriented core will be specified, graduates will be required to have completed courses related to the profession — philosophy, orientation, and values along with professional "tools."

Another likely development in education for the profession may be the requirement for some university course work in the arts and sciences prior to admission to professional programs. Given the definition of home economics as an applied discipline, does it not make sense that students would begin with groundwork in the basic disciplines before moving into the applied field? The professional program itself might then become more concentrated, but graduates would have a more general education.

Ian J. Wilson
Member, CHEA long range planning team; former Deputy Minister of Education, Province of Saskatchewan. He is currently chair-

man and chief executive officer, Saskatchewan Legal Services Commission

Soothsayers who are any good at their jobs are either lionized or scorned. Toffler, the contemporary, professional prognosticator is always at the most fashionable head tables, even though his rather dreary prose conveys a predictable message. Other crystal ball gazers have been less well-treated. Julius Caesar's soothsayer who warned him about the Ides of March was probably put to the sword.

Yet the interest in the future from *Revelations* to *1984*, continues as a universal social concern attracting far more popular attention than does the story of our past. The popularity of science fiction does not disguise the preoccupation with technology, while the people of the future continue to think in our present.

Because home economics is woven of the same myriad threads as of the social fabric, it is inevitable and appropriate that home economists should, quite frequently, look to the future for guidance in the present.

As an "outsider," I have been asked to dust off my crystal ball (I really don't like using it), to see what is going on in the year 2000.

First to come swirling through the mists is the crest of CHEA — significantly obscure. Is that a house or a university portal? CHEA will be moribund by 2000 unless it can become a focal point for all home economists through the related roles of animateur, convenor, spokesperson on national issues, and provide linkages and bondings for a loose federation of related organizations. CHEA must not only recognize the inherent parochialism of all provincial organizations but must build on that phenomenon — first, by helping strengthen them using different strategies in different regions.

What of the profession itself? I trust that it will have lost its preoccupation with the *purity* of home economics. Just as the strength of Canada lies in its multiculturalism, so home economics health and vigor will come from, not merely an acceptance, but an applauding of the professional diversity both in training and in occupational endeavor. I fully expect that home economists will have learned to take themselves less seriously. In 2000 home economists will have given up their hair shirts for a silk shirtwaist and will have stopped plaintively asking "mirror, mirror on the wall, who's the fairest of them all?"

I hope that in the opening days of the 21st century, home economists will have suspended all repetitive studies of goals, objectives and issues, until the issues identified 20 years before (and still relevant) have actually been dealt with. If you are struggling with definitions or priority of issues, the issues themselves are never met head-on. Perhaps there is a warning here —in looking at the future you should not lose sight of the urgent tasks of the present.

> *If you are struggling with definitions or priority of issues, the issues themselves are never met head-on . . . . There is a warning here — in looking at the future you should not lose sight of the urgent tasks of the present.*
>
> — *Ian Wilson*

Because the discipline of space forces a compression of these few thoughts, let me offer one simple reminder. Home economists are highly motivated, perfection-seeking professionals whose capacities for planning and organization are unsurpassed. You have really nothing to be diffident about but diffidence itself.

Don't wait for the 21st century for satisfaction. Be proud now!

Michelle Marcotte
Food consultant, Agriculture Canada

As we move into the 21st century we should try to utilize newly-developed skill areas and counteract problem areas to preserve the profession and improve its position.

There are three areas that we should continue to improve — marketing, evaluation, and mass media skills. Marketing skills will help us target our work, promote our products or messages and ourselves as competition increases. Evaluation skills will tie in with requirements for cost effectiveness in programs and will complement our inclination towards practicality. Mass media skills will help us get our message out to large numbers of people and improve our own visibility.

Now the problem areas. Home economists may loose touch with their profession as they leave directly-related subject fields in search of career advancement. At present, the number of easily identifiable home economics positions is shrinking; even fewer advanced-level positions are available. In fact, if federal government home economists lose their 5 year struggle for equal pay for work of equal value, the home economics group could disappear from the federal government.

The second problem is continuing poor salaries paid to members of our profession. Even newly created positions requiring a home economics background in government and private industry often carry low salaries compared to other professional categories. We must demand and fight for improved salaries — no one else is going to do it for us.

What will *we* look like in 2000? I believe (and hope) that home economists will age gracefully. The benefits of good nutrition should see us with straight backs and strong bones, with less incidence of osteoporosis. The studies of design should see us wearing good looking, comfortable clothes suitable to our age, circumstances and coloring.

You can certainly expect to see me wearing my colors, standing tall and working hard. I hope I'm not still fighting for career advancement and increased salary.

Linda Robertson
Advertising and promotion manager, Ontario Egg Producers' Marketing Board

Lifestyles are changing radically and

they will continue to change as we approach the 21st century. Awareness of society's changing needs and interests are vital to help us determine what appeals to consumers. The companies for whom we work must be sure that their goods and services are in tune with the times.

While many factors will have an impact on our profession and our employers, the following are a few of the prime ones:

- By the year 2000, 20% of the Canadian population will be aged 55 or over. This brings implications for leisure activities, age-related health concerns, and a de-emphasis on the youth market.
- The increase in divorce will likely continue. A concern will be whether the children in single parent families will grow up with adequate parenting and other life skills. If they don't receive this at home, is it up to society to provide it?
- The trend towards urbanization and the fast-paced lifestyle continues with convenience in demand during the week, and indulgence on the weekends.
- An emphasis on fitness is paving the way for "light" food products and healthier lifestyles with about 23% of adult Canadians currently defined as "weight maintainers."

As home economists, we must anticipate the changes in consumer demand that will result from these changes in our society. Home economists in business (HEIBs) need to develop themselves in many directions. Our unique training is valuable to employers but this training should be augmented with general business skills. It simply is not appropriate, now or in the coming years, to be just a "Betty Bright in the kitchen"; contributions must be made in the boardroom as well.

Many large companies have de-emphasized the role of home economists during recent recessive times. To avoid such occurrences, we must: prepare ourselves through training and job experience to take on larger roles within companies; make an effort to understand the organization's short and long term goals and align activities with them; show initiative, make suggestions, take on increased responsibility, and be more assertive. We won't end up on the redundancy list if we are indispensible.

Considering the stated trends, HEIBs could have opportunities to become more useful as consumer liaisons. Many home economists are moving into non-traditional job areas for which their training has given them a good base — by continuing job expansion, the individual and the profession can gain a stronger position in the business world.

Sylvie Corbeil
Past chair, ACHES

It is hard for a young woman and even harder for a young man to decide to enter a program labelled home economics. While the program appears to deal with interesting issues, it leaves the impression of perpetuating values and practices of the colonial period. To the contrary, our profession is one in which we must be up to date. One *must* acquire a deep understanding of the society in which we live and be able to analyze and judge the seriousness of a trend. In fact, our role is to initiate and promote trends.

> *CHEA will be morebund by 2000 unless it can become a focal point for all home economists.*
>
> — *Ian Wilson*

For this reason, networking is a first priority not only on a local, provincial, and national level, but also on the international level. As home economists we must be involved not only within our own professional groups, but also with a variety of other groups so that our profession is recognized and better understood. A second priority is that we must, at all cost, avoid fragmentation within the profession. It is surely more appealing for a young person to enter a program called "human ecology" or "consumer studies," however the graduates from these programs may not see any link with home economics.

The home economist ought to be involved and openly take a stand on issues, especially those concerning the family. One of our prime assets is a holistic view of life; we are able to synthesize bits of information and apply them in a human way. I believe, we are moving towards a more humanistic society and, if home economists want to reach out, we must not carry prejudices to others.

In every sector of our profession information is becoming more diversified. We must be well informed in order to educate the public and help them make the choices which will correspond to their particular needs.

Summary

As we approach the 21st century, the general features of society — to which the home economics profession must be closely aligned — continue to change. Our profession will likewise need to change to ensure that our actions are appropriate and relevant. We must make ourselves abundantly aware of our changing and changeable society and anticipate, initiate, and recognize trends if we are to meet the challenges of the future.

Diversity, adaptability and flexibility are the strengths of the profession; but, additional strengths must be developed to meet future challenges. We must acquire new skills, expand our range of knowledge, and seek new directions.

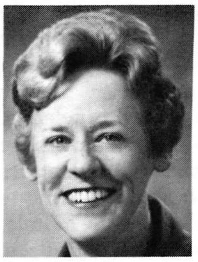
All levels of our professional associations must be active, vocal, and speak with a united voice. Our scope of involvement must move beyond the borders of our own discipline — we must interact with other professions whose area of influence overlaps with ours.

The profession has the potential to be alive and well in the year 2000, however, to meet that goal enough people must desire it and work to make it happen. The path along which we must travel is not without barriers. Perhaps the most subtle barrier (and therefore the most difficult to confront) is that of deciding what we want.

The future is not foreordained. We must know what we want — for we, and we alone, have the responsibility for deciding our future. ●

Home Economics: A Look to the Future

Kinsey B. Green



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Abstract

A design for the future of home economics must take into account the nature of the profession, the external forces influencing the development of the profession, and assumptions upon which the design is based. Home economics meets the criteria of a profession because it has a mission orientation, research base, and networks of professionals. Environmental forces which influence the development of home economics are trends toward an information society, a global economy, changing demography, technological development, growth of entrepreneurship as an economic model, and decentralization of power.

Priority goals for the future of the profession must attend to the development of interdisciplinary instruction and research, survival education, penetration of power networks, advancement of the instruction-research-extension model of program delivery, reciprocity between home economists in developing and developed nations, and insistence upon principles of ethics in the practice of the profession.

Résumé

Un dessin pour l'avenir de l'économie familiale doit tenir compte de la nature de la profession, des forces extérieures qui influencent le développement de la profession, et des suppositions sur lesquelles le dessin est basé. L'économie familiale se conforme aux critères d'une profession parce qu'elle a une mission d'orientation, une base de recherche, et des réseaux de professionnels. Les forces environnantes qui influencent le développement de l'économie familiale sont des tendances vers une société d'information, une économie universelle, une démographie changeante, le développement de la technique, le développement de l'esprit d'entrepreneur comme modèle économique, et la décentralisation du pouvoir.

Les buts prioritaires pour l'avenir de la profession doivent prêter attention au développement de l'instruction et de la recherche entre-disciplinaire, à l'éducation pour survivre, à la pénétration des réseaux de pouvoir, à l'avancement du modèle instruction-recherche-extension pour la livraison du programme, à la réciprocité entre économistes familiaux dans les nations développées et ceux en voie de développement, et à l'insistence sur les principes de l'éthique dans la pratique de la profession.

Two decades ago Marshall McLuhan (1968) introduced a phrase which quickly became common vocabulary: the global village. McLuhan was referring to the shrinking of the world as technological communications developed. In an article in *America* in 1982, Blake decried the deterioration of the global village into condominiums. The analogy is pertinent for home economics.

A village has interdependent segments. Shelters are separate but the citizens are dependent upon each other: they share land, water supply, and food sources; they divide the labor and assume joint responsibility for safety, security, and indeed survival; ownership of the present property and of the potential is shared. There is more than paying for common services; there is a shared mission, common ground, responsibility for earning and managing shared resources. A condominium, conversely, may share walls, roof, and perhaps yard space, but the ownership is separate and apart. Each unit is self sufficient; little interaction among dwellers is necessitated.

Home economics, by intent, is a *village*, yes, even a *global* village. But if we manage the property as though it were parochial condominiums, with no shared responsibility among its dwellings, we shall be sold at the market. As we design our future, all segments must accept the onus of articulating the uniqueness and the promise of the profession to the rest of the world. We too must divide the labor; search together for survival resources, take our turns at sentry for security and survival of the whole; we too must rear the young and care for the aging.

In order to clarify our role, our obligations, and our future as a profession we must reevaluate the attributes of a profession. Home Economics is a profession, by definition, by intent, and by repeated affirmation of its leaders. That question was settled decades ago; the charge now is to incorporate new resources and new strategies in operationalizing the imperatives of being a profession. He who pays the piper calls the tune. We have chosen the song of a profession; now we must pay the piper his just due for the privileges and perquisites which accrue to that status.

As we design our future, all segments must accept the onus of articulating the uniqueness and the promise of the profession to the rest of the world.

The Uniqueness of a Profession

Many writers have delineated the uniqueness of a profession, but none so clearly as Abraham Flexner in a paper presented in 1915. In a capsule, Flexner defined the requirements of a profession as intellectuality with consequent personal responsibility. He further delineated the attributes:

- The activities of a profession are essentially *intellectual* in character; there must be a free, resourceful and unhampered intelligence applied to problems and to the search to understand and master those problems.
- The *responsibility* of a practitioner is at once large and personal. The problems to be dealt with are complicated; the facilities at hand are more or less abundant and various; the agent exercises a very large discretion as to what shall be done. Responsibility follows from the intellectual nature of the profession.
- There is a *learned* character, that is, the professional must repair regularly to the laboratory and seminar for a fresh supply of facts, deriving raw material from one realm or another of the learned world.
- The learned character is applied to *practical* problems; the ultimate goal is absolutely practical and definite — not theory and abstraction for knowledge sake alone.
- A profession possesses a technique capable of *communication* through an orderly and highly specialized education and discipline. The body of knowledge cannot be learned nor mastered through common sense alone; there must be study and exploration and problem solving in order that the research can be understood and applied to the particular constituents whom the professional is serving at the time.
- The profession is a *brotherhood*. Professional activities are so definite, so absorbing in interest, so rich in duties and responsibilities that they completely engage their votaries. The admission to the field is judged on the nature of the responsibility, not birth, wealth, race, age, or some other accident. The brotherhood sets the qualifications, polices its own ranks, and sets the standards for performance. The brotherhood tends to self-organization, and in every instance of a profession, there is an organization which speaks for the profession.
- The brotherhood of professionals is increasingly *altruistic*, that is, the community of professionals has a higher purpose than self-aggrandizement or protection of self-interests. Sixty-seven years ago Flexner surmized that organizations of professionals are apt to be more responsive to public interest than unorganized individuals or groups of individuals who are not professionals. He predicted that more and more professional communities would come to view themselves "as organs contrived for the achievement of social ends rather than as bodies formed to stand together for the assertion of rights or the protection of interests and principles." He said:

> As time goes on it may very well come to be a mark of professional character that the professional organization is explicitly and admittedly meant for the advancement of the common social interest through the professional organization.... Devotion to well-doing is thus more and more likely to become an accepted mark of professional activity; and as this development proceeds, the pecuniary interest of the individual practitioner of a given profession is apt to yield gradually before an increasing realization of responsibility to a larger end. (p. 9).

In summary, a profession is different and unique from a discipline which is organized for the sake of knowledge alone. A profession has a mission orientation and gathers knowledge from wherever it must to serve the needs of constituent, the client, the learner. The profession has a research base and commits resources to the expansion of that base of knowledge. The profession has a higher purpose than education of its own; it accepts its obligation to contribute its unique expertise for the good of the whole, the general welfare of the populace. The profession has an organization which is its vision and its monitor, its spokesman and its mentor; its critic and its applause; its advocate and its prophet.

DeVoto (1947) has said that between the amateur and the professional, there is a difference not only in degree but in kind. The skillful man is, within the function of his skill, a different integration, a different nervous and muscular and psychological organization. As a profession we must stop examining earlobes and wrists and feet and elbows and begin to talk about systems and functions — the respiratory system, the bone structure, the circulatory system, the digestive system of the profession. Only then do we comprehend our interdependence, the absolute necessity of acknowledging our commonalities, yet our specializations; our mutual obligations, our reciprocal benefits.

The Home Economics Profession

We *each* have a specialization in the profession but we also have a common bond, that being the essence of the profession, stated so well in *Home Economics: A Definition* (Brown & Paolucci, 1978). Our uniqueness lies in these factors: we are a profession; we are the only profession and field of study with the nucleus of the family as a social and economic institution and the individuals who function in that milieu, and which work through prevention, education and development, vis a vis therapy, crisis intervention, remediation. That mission is both intellectually and morally defensible.

External Influences

It is not enough to aspire to excellence by increasing the quantity and quality of what we're already doing. The environment in which we function must be evaluated. Consider the following trends, well documented by demographers, economists, and futurists — give careful thought to the meaning and implications of these trends for home economics programs.

Changing demography. The fastest growing segment of the population of industrialized nations is the group over 65. Life spans will continue to lengthen, with women living longer than men. The population is increasingly urbanized.

There is an increase in the number of two paycheck families, called by some the phenomenon of the century. The percentage of minorities holds relatively stable. There is a higher proportion of dependents — including handicapped, young children, and elderly family members — to caretakers.

The leading causes of death are diet related (cardiovascular disease, cancer); the leading cause of death for males 14-24 years of age is suicide, now being called an epidemic in the United States; data show an increasing number of births to unwed teenage mothers; there is an increase in child abuse and other forms of family violence.

What are the implications of a changing population and its social, economic, technological and psychological consequences? What difference does the increase in teenage destruction, longer life spans, elderly independence, and the presence of fewer children make for the "generation in the middle," the caretaker, traditionally one of our most important program audiences?

Technological development. Sometimes simplistically perceived as the presence of microcomputers in the home, the galloping rate of technological change has immense implications for the family: in new appliances; in medical science making it possible to save virtually everyone at birth, regardless of extent of handicapping condition and to prolong life almost indefinitely; in concerns about energy consumption and management; in housing availability; in new food products and processes; in new fibers and fabrics for interiors and for clothing; in skills needed by the young in order to cope with daily tasks.

An information-based economy. A majority of the labor force in the developed world works in the creation, processing, and distribution of information. This creates nations in the third wave of development. How does the change from an economy based on land or industry affect the constituents of home economists? How do professionals teach conceptual thinking vs. rote memory and replication of demonstrations? What do the constituents *most need to know?*

The growth of entrepreneurship. Why are home economists not more aggressive in promoting cottage industry and other home-based businesses? Broadly conceived, cottage industry is far more than selling homemade products out of one's residence (Toffler, 1981). The production and marketing of information, products, and services all qualify for the entrepreneurship concept. Home economics expertise in child care, care of the elderly, developmental programs for the handicapped, marketing of food and textile products — all growing out of our historic commitment to the household as producer — have potential for economic benefits to the constituents home economists have traditionally served.

Decentralization. The concept of federalism or decisions at the local level is pervasive in program policies in home economics. For example, our extension programs virtually invented the "close to the customer" philosophy, touted by Peters and Waterman (1982). But has home economics capitalized on the concept? How can home economists be more powerful at the local, county, city or parish or district level? What are the implications of local control for the future funding of home economics programs?

A global economy. A hotel chain in Saudi Arabia built by South Korean workers, installing modules assembled and shipped from Brazil, engineered and managed by Americans: this is reality (Naisbitt, 1982). Economic concerns do not stop at provincial borders nor halt at national shores. Home economists must attend to global economic issues of size and spacing of population in relationship to availability of resources including food production and distribution, availability of shelter, educational opportunities for lifelong learning, preventive health care, management of natural energy sources, provision of land and water, job skill education, employment at adequate wages for the head of household, recognition of the home as a production center.

We still have the opportunity to be excellent; to be socially and economically relevant; to design our own future.

Assumptions for the Future

Any design for the future of the profession must first identify the premises upon which that design is based. The priorities suggested in the next section are based on these assumptions.

- *Home economics is a profession.* The attributes of a profession, that is, a mission orientation, research base, processes of self regulation and the networks of a "brotherhood", must be sustained and nurtured.

- Growth — in kinds of audiences, numbers of participants and expansion of content applied — is desired, if the home economics mission and its parameters are to be preserved and enhanced.

- Economic changes including employment patterns, accompanied by demographic shifts, will cause changes in the balance of power.

- Financial and material resources will decrease or remain steady state for at least the next five years.

- Diversified funding sources are essential. Government support is pertinent, but support from corporations, private donors, foundations and organizations is equally as important.

- Demand will exceed the projected supply of professionals in home economics and related fields in this decade; the shortage is most acute at the doctoral level (Coulter, 1981).

- Unless resources in higher education are reallocated, the greatest discrepancies between supply and demand of home economists will be in administration and management, marketing personnel, and scientific and professional specialists.

- Global economic interdependence necessitates that professionals have an international perspective in all arenas in which home economics is practiced.

Priority Goals for Home Economics, 1984-90

Many futurists and economists advise that planning for 10-20 years is increasingly futile, considering the current rate of economic and technological change. Three to six year plans would therefore seem appropriate.

If home economics is to continue as a viable profession, with all the privileges, status and obligations pertinent thereto, the following priority goals seem appropriate.

- Determine which power networks — corporate relations, local government and the agriculture structure — the profession needs to penetrate, and design strategies and timetables for implementation.

- Increase the number of home economists who hold influential administrative and public policy positions.

- Pay more attention to interdisciplinary research and instruction in higher education in order to develop new professionals who comprehend the uniqueness of the content and process through which home economics works.

- Continue to develop the research-instruction-extension model as a viable and efficient delivery system for the profession, world wide.

- Generate support for research, broadening the content, encouraging interdisciplinary research, and providing increased means of dissemination both to peers and to the public.

- Concentrate personnel and financial resources on education related to the survival needs of the nation and its global partners: the alleviation of starvation and malnutrition; prevention of family violence; integration of minority families; procurement and maintenance of shelter for protection; support for caregivers of dependents; reduction of financial risks; effective consumer decisions regarding management of resources.

- Evaluate programs in publicly supported schools: attend to increasing opportunities in kindergarten through grade 6 where developmental tasks of learners are especially pertinent to home economics content and to developing content which is universally applicable to males and females and to learners of all ethnic, racial, and socio-economic characteristics.

The prerequisite decision which must be made before any of the goals can be addressed is whether home economics will assume a reactive stance . . . or whether the profession will assume responsibility for its own destiny.

- Promote supervisors, educators, managers and administrators who are intellectually sound and who are creative and analytical risk-takers.

- Consider the federation structure for comprehensive professional associations, especially in developed nations, in order to give identity to the specializations while simultaneously providing the environment to enhance integration.

- Reverse the trend toward situation ethics by communicating to members of the profession that standards of ethics and principles of integrity are expected: reward those who behave accordingly; stop rewarding those who do not.

- Encourage the reciprocal contributions which home economists in developed and developing nations can make to each other.

Designing Our Destiny

The prerequisite decision which must be made before any of the goals can be addressed is whether home economics will assume a reactive stance, only responding to external environmental forces in the economy and social systems, or whether the profession will assume responsibility for its own destiny. Obviously the latter position is the position of strength.

Only as a commitment is made to an aggressive and active accountability for our own future and as concentration is centered on the development of the *profession* vis a vis the *professional* (which naturally follows), can the future of the profession be designed. Shakespeare said it well:

> *Men at some time are masters of their fates;*
> *The fault, dear Brutus, is not in our stars,*
> *but in ourselves,* [*if*] *we are underlings.*
> — Julius Caesar I,ii, 134

We still have the opportunity to be excellent; to be socially and economically relevant; to design our own future. That will happen only as we perpetuate our mission orientation, enforce standards of rigor and principles of ethics, commit extensive resources to the discovery of new knowledge and support each other in the various specializations and arenas in which we practice the profession.

D'Israeli (*Curiosities of Literature, 1884*) stated it succinctly: "It is a wretched taste to be gratified with mediocrity when the excellent lies before us."

Let us proceed! ●

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The War of Words

Retain or Change our Name?

Susan G. Turnbull

Abstract

Whether the name home economics should be changed remains an on-going question for Canadian home economists. It is a title used throughout the 1900s in North America and is an integral part of the identity of the national professional association. However many courses, programs, and academic units in this country are considering or have already effected a name change. Several different terms have popularity, such as family studies and human ecology. The name continues to be a primary issue that necessitates thorough consideration. In fact, the problem may not be the choosing of a name, but rather in identifying what we wish to name: educational programs or the profession.

Résumé

Une question reste toujours sans résolution pour les économistes familiaux canadiens: le nom de l'économie familiale devrait-il être changé? Ce titre employé en Amérique du Nord pendant ce siècle est une partie intégrale de l'identité de l'association professionnelle nationale. Cependant beaucoup de cours, de programmes, et d'unités académiques considèrent ou ont déjà effectué un changement de nom. Plusieurs expressions différentes telles qu'études familiales et écologie humaine sont en vogue. Le nom continue d'être un sujet principal qui nécessite une considération approfondie. En effet, il se peut que le problème ne soit pas celui de choisir un nom, mais plutôt d'identifier ce que nous voulons nommer: les programmes d'étude ou la profession.

What's in a name? that which we call a
rose
By any other name would smell as
sweet

— *Shakespeare*

A new name should be chosen to improve the image of home economics.

The name home economics continues to serve a contemporary, meaningful purpose.

This battle of conflicting viewpoints has been a dominant force in our profession since the beginning of the century. Is home economics old-fashioned, or is it a venerable phrase with importance just now being realized? Shall we persevere with the growing sense of the mission of home economics so aptly described by Brown and Paolucci (1979) or not? Can we achieve concensus; how do we decide? Knowledge of the elements of the argument is the first step in conflict resolution. Our professional literature has described decision making models for the name change process (Linck, 1982). The descriptions that follow — the current status of naming in Canada, the historical perspective, and the opposing stances on the home economics name issue — will aid our decision making.

What We Call Ourselves

Are Canadian home economists concerned about the use of the phrase home economics? An examination of the CHEA 1983 Issues Forum in Saint John indicates that the name issue was very much in the minds of participants. It held a high rank in a composite list of critical issues. And again at the 1984 Issues Forum, the retention of the name was one of five issues debated.

Additional evidence of this concern is manifested at both secondary and post-secondary education levels. In several provinces, course titles and entire subject areas carry labels such as family living, family studies, consumer education, and consumer studies (Peterat, 1984). At the same time, the home economics title is also being utilized.

In Canadian colleges and universities, similar confusion is found. The University of Guelph was the first to adopt a different title, in 1969. This occurred in conjunction with the amalgamation of various colleges, including the Macdonald Institute, to form the university (Wardlaw, 1977). Feniak (1979) noted that 63% of the institutions offering a home economics degree program (12 of 19 total) were using the home economics title in 1978. Six years later, the total had dropped to 54% using home economics (7 of 13 reporting units) (Change and Diversity, 1984). The names commonly used are family studies, human ecology, and nutrition and consumer studies.

In comparison, the situation south of our border is somewhat different, as colleges and universities have a "large majority [which] continue to designate themselves as home economics" (Harper, 1981). Slightly over 10% of the United States institutions have accepted new or different titles, and there is virtually no concensus regarding which name is chosen.

Internationally, various names are employed: home science in New Zealand, domestic science in United Kingdom, and household science in Finland. It appears that whatever the label, the mission is the same.

Where We Began

It is a difficult task to pinpoint the exact origin of the name home economics, but we do know of its use in North America throughout the nine-

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teenth century. However, the popularity of the term home economics was partnered with the usage of other terms such as domestic economy and household science. The adoption of home economics in Canada was greatly influenced by the first Lake Placid Conference of 1899 at which a decision favoring home economics was made (Lake Placid Conference, 1909).

The conference proceedings noted continual discussion throughout the first decade, as the name issue persisted. An attempt to clarify the problem was made by Ellen Swallow Richards in 1904, and the conference attendees adopted her name categories, based on level of instruction (Carver, 1979):

elementary school — *hand work*
secondary school — *domestic science*
normal and professional schools
— *home economics*
higher education — *euthenics*[1]

Through time, the nomenclature divisions disappeared and home economics became the preferred term at all levels.

In Canada, the terms household science and home economics were both utilized in the early 1900s (Rowles, 1964). However, the national professional association chose home economics as its official title in 1939, and it remains to this day.

Although the words became established, the profession itself continued to express feelings of displeasure regarding the appropriateness and currency of home economics. East (1980) mentioned the persistency of the question. The recent CHEA Education Committee's proposed policy statement has once again raised questions regarding the sole use of home economics or the inclusion of the term family studies. The debate continues.

The Arguments

What are the reasons behind the positions taken by the proponents of the two sides of the name change issue?

Name change supporters. For those encouraging a change of name, Maskow's "label update" phrase is representative of the general sense of the argument (1981). In order to be truly reflective of what home economics is about and what home economists do, an avoidance of the stereotypical female, cooking and sewing, is deemed necessary. Unfavorable images are evoked when the view is outdated. The change supporters believe that a new name and the attending publicity will help to overcome antiquated views and offer real opportunity to explain the meaning of family studies in the present-day time frame (Firebaugh, 1980).

The traditional avoidance of home economics subjects by males at all levels of education is a second point to consider. With a new name, the negative connotations tend to disappear and more male students and scholars are attracted to the field. As well, women who have consciously avoided careers with defined sexual roles will also reconsider the profession (Positive effect, 1983).

While the out-of-date conception of what home economists do and the stereotyping of females are two reasons for changing the name recognized from within the practising group, other factors from non-practitioners are important. Student recruitment and employer recognition of graduates are cited as being critical by the faculty of the University of Minnesota College of Home Economics (Home economics faculty looks, 1983). Institutional administrators place additional pressures for units to consider name changes (Firebaugh, 1980).

Name retention supporters. An equally strong case is presented by individuals supporting the name of home economics. The retentionists believe that the name is critical to the profession being recognized as the only discipline with a holistic, family focus. The historical view exemplifies the dynamic treatment of family studies by home economics. The integrative, practical problem-solving approach provides the substance of the profession — a base on which to build an "increased relevancy to current family needs" (Rollins, 1981).

Name consistency is considered essential to avoid general public confusion. The 1974 AHEA Image Study recommended that the name home economics be retained, stating that **any change would confound the home economics image** (Yankelovitch, 1974). Change for the sake of change is not a positive move. New phrases used to describe home economics are detractors that cloud the essence of the profession.

Finally, the current title provides a convenient umbrella for many specialists dealing with various family issues. A shift from home economics would split the professional group, making its effectiveness very small (Rowles, 1964). The great variety of specialists dealing with a narrow portion of the entire home economics spectrum quite naturally identify with their particular subject matter. The home economics concept also allows these individuals to integrate their knowledge within the family framework.

The Dilemma

We can look at instances where a decision on the name has been already made. In higher education, several units cite very positive results following a move away from the term home economics. At the University of Manitoba, increased enrolment, an improved faculty image, and a new "sense of direction" composed the stated major effects of the change (Positive effect, 1983). However, like the situation at the University of Guelph (Wardlaw, 1977), **the name change was accompanied by program revisions.** While these changes deserve great applause, we must also recognize the facts do not equal an elemental cause-and-effect correlation.

> *With all the many changes in the specifics of its subject matter, home economics . . . remains an applied field . . . which focusses on helping people to learn what they want to know to solve practical problems . . . which will speed them on the way to the goals they have chosen.*
>
> — *M. East*

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[1] Euthenics is the science that deals with the development of human well-being by the improvement of living conditions.

Does higher enrolment indicate a shift in public perception of the profession? Why do units that have retained the name, home economics, also exhibit flourishing programs? So many variables must be considered. Firebaugh (1980) believes that results of any name change are dependent upon a specific setting and that there is no clear relationship between name and enrolment.

In Alberta, the provincial home economics association has drafted and approved a Professional Home Economics Act. Provincial legislative approval is pending. The right to use the title *home economist*, will be controlled if the Act is passed, and that title will have specific and legalistic meaning. Will this cause family studies educators to turn away from home economics profession?

These are but two examples which point out the **inconsistencies now existing in Canada**. A clear pathway through the points to retain or change the name home economics is not particularly apparent. The affective factors are strong. Will the benefits of a name change really come to pass? Are opponents of the change ignoring the futurist perspective?

The survey of home economists which composed part of CHEA's Long Range Plan (Kaiser, 1984) notes the name question as one of two issues of most significance to the Canadian profession. If we are to examine this as thoroughly as possible, certain parameters need to be established. Initially, clarity is required in identifying what we wish to name. Both East (1980) and Firebaugh (1980) point out that the name of a profession and the name of its corresponding educational and training units may not necessarily be identical. With this in mind, **what do we want to name**, the profession? a college or university degree? courses taught in the public school system? the national association? It is only once this question has been settled that a rational decision can be reached.

Attempting to use one name to adequately describe all of these elements is futile. In the instances where the name has been changed, the specifics of each situation have dictated the particular name choice. The selection may have reflected an attempt to appeal to high school students, or it may describe a specialized university program. But obviously no one name can satisfy the diversified needs of the educational settings evident in Canada.

The name home economics should be retained as the identifier of our **profession**. It is a name used by professionals on a national and international basis. It provides a vessel that holds the many elements and inter-relationships that are unique to our family-centered field. It is a name that evokes our full range of expertise.

Our national association must assume an active role in professional education to indoctrinate new practitioners. Equally important is support of continuing education and general professional development in order to further bond individuals with home economics. It is then the practitioners, the action-oriented, thinking and doing **professional group of people** that should retain the name home economics.

In this case, Shakespeare was wrong: any other name but home economics will simply not do. ●

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Nominations are invited for the following positions

Term of office to be two years — 1985-1987

EXECUTIVE:

- Treasurer (reside in Ottawa area)
- Vice-president Public Affairs (reside anywhere in Canada)

REGIONAL DIRECTORS:

- Alberta Director (one)
- Saskatchewan Director (one)
- Manitoba Director (one)
- Quebec Director (one)
- New Brunswick Director (one)
- Newfoundland & Labrador Director (one)
- Northwest Territories & Yukon Director (one)

Members will be advised of the proposed slate by **February 15, 1985.** Further nominations will then be accepted until March 31, 1985, **after which time the mail ballot will be conducted to enable all members to vote.**

Please submit nominations by
February 1, 1985 to:
Linda Reasbeck
Chairman Nominating Committee
Food Service & Technology Section
Kempville College of Agricultural Technology
Kempville, ON, K0G 1J0

All nominations must be accompanied by:

- CHEA membership number
- signature of five CHEA members
- written consent of nominee
- brief biographical sketch of nominee

Nutrition Research

its Place in Home Economics

Alleyne Murphy

Abstract

The current role of nutrition research within the discipline of home economics is discussed in relation to the following historical factors about nutrition research: it predates home economics, has become highly specialized, is better financed than the interdisciplinary research of home economics, has become gradually separated from home economics, and is now unlikely to address the questions that are important to the home economist.

The implication of the last two items is that in the future nutrition research within home economics will have to become more important. This can happen only when the problems that have arisen with the growth of home economics research are understood. Since funding for research is invariably directed to specialized studies with proven methodologies, the paradigms of research within home economics must be clearly identified, methodologies must be strengthened or developed, and research methods courses must be implemented.

Résumé

Le rôle actuel que joue la recherche sur la nutrition dans la discipline de l'économie familiale est examiné en rapport aux éléments historiques suivants de la recherche sur la nutrition. Elle antidate l'économie familiale, est devenue fortement spécialisée, est mieux financée que la recherche entre-discipline de l'économie familiale, est devenue graduellement séparée de l'économie familiale, et maintenant il est peu probable qu'elle aborde les questions qui sont importantes aux économistes familiaux.

Considérant les deux derniers faits, il est sous-entendu qu'à l'avenir la recherche sur la nutrition dans l'économie familiale devrait trouver une plus grande importance. Ceci peut se produire seulement quand on comprend les problèmes qui ont surgi avec l'expansion de la recherche de l'économie familiale, et puisque les fonds pour la recherche sont invariablement dirigés aux études spécialisées avec des méthodologies prouvées, les paradigmes de la recherche dans l'économie familiale doivent être nettement identifiés, les méthodologies doivent être mises au point ou développées, et les cours de méthodes de recherche doivent être institués.

The role of nutrition in the discipline of home economics needs to be examined as we enter the mid 80s. Two factors in particular must influence this examination. One is the fact that nutrition research has a history that predates home economics and today this specialized nutrition research may be stronger and better financed than the interdisciplinary research done in home economics. The second factor is the tendency of nutritionists over the past ten years to separate themselves from home economics. Thus, they are less and less likely to address questions that are important to the home economist. If we see nutrition as essential to our discipline, then we must take this new trend into account and consider how nutrition is to be maintained and strengthened as an element of home economics. To do this we must understand the problems that have arisen with the growth of nutrition and home economics.

Identification of Problems

Growth in complexity. Historically, home economics research has been interdisciplinary with its goal being improvement of family life. The problems facing families have brought researchers in many disciplines together (agriculturists, economists, chemists, sociologists, home economists, etc.). However, as each subject area has developed, this interdisciplinary research has given way to specialization. In home economics this specialization (in management, education, textiles, consumer studies, etc.) has developed to such an extent that Horn and Nichols (1982) have asked "Have we lost our focus?" The complexity facing home economists and nutritionists is pointed out by Roberge (1982), Director of the Department of Dietetics at Laval. In a recent article, entitled "The many preparatory paths and the contributions of other disciplines," she identified 23 disciplines "that share scientific ground with nutrition or which, through their research, bring to nutrition science elements essential for its development" (p. 24). Kierens, Vaines, and Badir (1982) in their book, *The Home Economist as a Helping Professional*, give as an example of this complexity, the community nutritionist — "not just concerned with people eating properly," but "also interested in the community placement and lifestyle of an individual or family and of their values, resources, goals and their particular developmental needs" (p. 56). The nutritionist must have both knowledge of nutrition and ability to integrate that knowledge with other subject matter areas. As a result, home economists sometimes describe themselves as having to be all things to all people.

Complexity has, unfortunately, not led to clarity or certainty. There is a great need to strengthen the scientific measures relating to nutrition. For example the usual practice to determine nutritional status is to use a variety of measures: anthropological, biochemical, clinical observation, dietary intake record. We have good anthropological measures for children, and while some will argue that the most accepted American (meaning U.S.) standard may not be absolutely descriptive of Canadian children, it has been widely tested and is considered a reliable standard that can be used to link malnutrition and growth development (Johnston, 1982). However, standards for Canadian adults are not readily available. We have skin fold measures for obesity, weight gain measures in pregnancy as a probable link to the health of the fetus, but there are large gaps in our understanding of anthropological measures as they relate to food intake and a healthy body.

Biochemical tests, though they are better developed as measures than anthropological data have similar

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faults. We are not yet certain what biochemical data we should collect, or for how long, or how it should be interpreted and collated with the dietary intakes. We have questions about the interrelationships of nutrients, about what should be studied together, and about what behavioral indicators should be correlated with specific nutrients.

Developed societies pose special problems for the clinician. What are the significant measures of nutritional status in a society where malnutrition may be marginal or slightly subclinical?

Young (1981) has amassed a comprehensive bibliography on dietary methodology. In addition to describing the problems associated with the validity and reliability of each method of collecting data, she suggests several factors to consider in interpreting it: individual differences in nutritional requirements may alter the interpretation; knowledge of the absolute nutritional requirements of the individual is limited; many factors may condition nutrient needs; knowledge of how slight differences in nutrient intake affect the health of individuals or of what level of intake below the recommended allowance affects the health of individuals is limited. Hauser and Bebb (1981, p. 155) have similar questions: what are the nutrient requirements for health; what degree of precision is necessary; what nutrients show great variation in intake (some individuals may vary more than others); how should the frequency and duration of data collections be determined given individual variation in intake of nutrients by day, month, season, and meal pattern.

For many years nutritionists have been using the food intake record, with all its limitations, to judge the nutritional value of diets, but no one has yet solved the problem of correlating all the measures to describe the nutritional status of the individual.

Every development brings a new approach to problem solving. Some of the nutritional questions will become clearer with the aid of the computer, because some of the questions require analysis of masses of data to obtain an answer.

Nutrition research may also suffer from allowing itself to be caught up in trends. A scan of the literature will reveal years when vegetarianism was the main focus. Likewise, obesity, fibre, and the athlete all have had some attention. In recent years, we have seen numerous attempts to describe the nutritional problems of the elderly — *without* a clear understanding of the normal needs of adults. Most nutrition references never mention the healthy adult, skipping from adolescence to old age without paying much attention to the 50 years in between.

Orientation and preparation of researchers. There are other reasons why we still face so many questions in the 80s. One is that many nutrition investigators received education and orientation outside Canada and have continued in their particular area of expertise without particular reference to Canadian problems in nutrition. Nutritionists also seem to have difficulty deciding on their exact role. For example agricultural nutritionists with orientation to animal growth may not see research from the same view point as those whose orientation is drawn from biochemistry or medicine. For both, the idea of *health* as the target may be largely obscured. Both groups may be removed from the nutritional practitioner and have little knowledge of food as it is consumed by humans.

Another problem has been that our practitioners lack knowledge of research methods, and over the years a vast quantity of valuable data has been lost because the nutritionists and dietitians were not trained to observe and/or record their dietary interventions. We are now in the position of not knowing whether we can or cannot eat butter or eggs, how much salt really makes a difference, how clients best lose weight, how well controlled diabetics are, etc. It is still common to see several pages given to the description of a disease with only one or two paragraphs covering dietary treatment. It is unlikely that the doctor or the nurse will record what the patient has eaten, but the dietitian should. With the accumulation of data on many patients, some patterns would surely emerge.

There was a time when school teachers observed their classes carefully; they knew there was a relationship between learning and good eating. But few wrote down the stories of the children who came to school without breakfast and had poorly balanced nutrient intakes throughout the day. Now with so many teacher-specialists, children are not seen with the same prolonged contact and the opportunity to draw on these observations is lost. What happens to the low birth-weight baby in the developing years? What stresses become part of the family situation because of poor nutrition? Who is looking at our children in day care centres? Nutrition research seems to be drawn into current crises, and becomes a problem solving exercise rather than the prevention tool that was its original purpose. We find ourselves unable to take the stands we should to protect the health of our people because we lack the secure footing that more precise knowledge and orderly investigation would allow.

There are additional reasons for uncertainty. Nutrition deals with human physiology and human behavior, and while we might think that organisms within a class demonstrate similar behavior, the human system frequently seems to outrun the probability scales. It may be impossible to describe the reaction of humans to food with the same certainity that one describes reactions to a particular medical treatment. Expectations may exceed reality.

The number of home economists in Canada who would describe themselves as nutrition researchers is small: by far, the greatest output is done by other investigators. Where basic scientific knowledge is concerned, this is not a problem; this knowledge will always be required and the research encouraged. What results from a wide variation in early orientation to nutrition is a lack of what we might call the *base of classical data* that is the starting point for further research. Because there is no general agreement on the starting point, the research is diversified and often reflects the personal abilities and interests of the researcher, or the crises and fashions of the times, rather than the basic needs of nutrition in Canada.

Financing research. Financing of research has also been a problem. Researchers need adequate financing and the tendency may be to join in a large study related to biochemistry, agriculture, medicine etc., because it is securely funded rather than to break new frontiers with high risk of inadequate financial and human resources.

Some Remedies

Collaberation with practitioners. It seems that theoretical nutritionists should collaborate more with nutritional practitioners. This has been the pattern in medicine, and has begun, in a few instances, in nutrition. Large-scale studies of food consumption and nutritional status are the base necessary for nutritional planning, but the questions of today come from individuals, and these studies do not provide the solutions.

We might examine the greater use of case histories. Ebbs, with a relatively small group of patients in Toronto in the 1940s, was able to document some consequences of poor nutrition. Today, some well-collected data on the actual food practices of healthy people might tell us why they stay healthy, why others are chronically ill, how consistently a prescribed diet controls blood sugar levels or weight loss.

University professors might show some leadership in this collaboration by including some practical experiences of nutritionists in their lectures and by including practising professionals in their research proposals. Each day the practitioner faces questions that the theoretical nutritionist might answer. Dietitians have the human subjects nutritionists need for research. They (the dietitians) should be trained in research methodology so that they become the important link between the laboratory and the subject. Likewise, community nutritionists visit families and see the effect of lack of resources on family life. The home economics teacher has many opportunities to observe and record.

In Nova Scotia, nutritionists interview and collect food intake data on pregnant females, obese individuals, seniors in homes for special care, preschool children, teenagers, and those with anemia and heart diseases — *none* of which is recorded in any systematic way. Sometimes, these observations contradict the information they have previously read in journals; but, because they lack faith in their own research skills, practitioners may prefer to believe the printed page rather than their own eyes and ears.

If the practising professional were taught how to use the methodology developed by the social scientists (sampling, interviewing, developing questionnaires), we might have greater accuracy in the basic data that they can collect easily in their workplace.

Research orientation. The needs of the family and the prevention of ill health should be the primary orientation of the research. This may require a new methodology — one that is peculiar to those studies that characterize home economics. Dr. M. Krondl in Toronto is one example of a researcher who has made significant contributions to the development of such a methodology.

The authors of *The Home Economist as a Helping Professional* (Kierens et al., 1982) have also asked us to reflect on a systems view of the home economics profession. Horn and Nichols (1982) suggest that home economics ought to take the lead in the development of a holistic research methodology.

The building of a holistic methodology for home economics research will require courage from those who attempt it and financial aid to support its development. Fortunately, interdisciplinary research is becoming recognized as a valuable tool to solve many problems, and not just in home economics — research on poverty, aging, pollution, inflation, and family problems is already demanding an integrated approach. The history of funding shows growth of money directed to specialized studies with proven methodologies. It is clear that the nutritionists in home economics will have to learn to identify accurately the paradigms of their research. They will have to strengthen and develop research methodologies and institute courses in research methods.

Complexity and uncertainity will continue. The separation of specialized nutrition research from home economics will continue. If home economists develop their own research methodologies, however, there is every hope that they will be able to reduce the present complexity and uncertainty, and will find themselves more and more able to answer the questions facing us as we enter the mid 80s. ●

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COMPUTERIZED DIET ANALYSIS

(Continued from page 206)

Conclusion

In coming years, computer technology will become increasingly accessible to the general public who will, for instance, be able to obtain a nutrient analysis of their diet without going through the mediation of a nutrition professional. Yet without professional input this information may not be used appropriately or effectively. The response of nutritionists should therefore be to demonstrate the essential contribution that they can make in this context rather than decry these advances. Nutritionists need to make themselves familiar with the efficient use of this technology and incorporate it into their professional skills **now**. Otherwise they will not be in a position to advise others.

The introduction of computer processing raises complex issues regarding the quality of information generated. For example: How relevant are the results obtained, given the restrictions in manipulating information discussed previously? Will the information be interpreted correctly?

Notwithstanding these potential limitations, computer processing should enable nutrition professionals to use their specific skills in a more creative manner. As a result the quality of service offered to the public can be improved. It is, however, the task of nutritionists to define their new roles, or risk others doing so. ●

A Healthy Future?

A critical look at the nutritional situation in Peru, Swaziland, and Tanzania

Gabriela Canepa Pérez-Albela, Helen McHatta
and
Charlene Deary

Mother and child in the Peruvian Altiplano prepare the evening meal.

Canada enjoys the luxury of an abundant food supply which, if wisely selected, has the potential of meeting nutritional requirements. Unfortunately, this is not necessarily the situation in many of the world's developing countries. Peru, Swaziland, and Tanzania are three that are struggling to eliminate the causes of malnutrition and under-nutrition during a very difficult era.

Abstract

Three developing countries, Peru, Swaziland, and Tanzania are experiencing serious nutritional deficiencies. This article reviews briefly the food consumption patterns of the three countries, looks at the nutritional status, and speculates on how nutritional problems may be dealt with in the future.

Résumé

Trois pays en voie de développement, le Pérou, la Tanzanie, et le Swaziland éprouvnt des insuffisances de nutrition sérieuses. Cet article examine brièvement les modèles de la consomption de l'alimentation dans les trois pays, il considère la condition de la nutrition, et il spécule sur comment on pourra résoudre ces problèmes de la nutrition à l'avenir.

Food Consumption Patterns

Peru. In Peru, the composition of the diet has largely shifted towards carbohydrates, away from proteins and animal sources. Fruits and vegetables play a slightly smaller role in providing the energy than cereal products. An increased consumption of poultry has failed to compensate for the declining role of meats and dairy products as a source of proteins. Diets throughout the country have become more dependent on a few commodities, particularly rice, bread, and noodles.

Swaziland. The diet of Swazi people is similar to that of other developing countries in the African region. Most families live on homesteads with their own maize fields, gardens, and large numbers of cattle. The diet consists mainly of maize (the staple food), some fruits and vegetables, some packaged foods and drinks which contain minimal amounts of nutrients, and a small amount of animal protein. Families in Swaziland typically keep many animals on the homestead. Cattle, however, are a sign of great wealth and unfortunately, although sometimes used for milk, are seldom used for meat. Maize is a cereal grain that grows like sweet yellow corn, but is whiter and more starchy. The nutritional value of its protein is similar to wheat. The porridge made with maize is the largest component of the Swazi diet; more costly foods are often excluded.

Tanzania. Maize is also one of the staple foods of Tanzania in East Africa. It is prepared in a variety of ways including whole maize, boiled with beans or other legumes and fresh green maize, roasted over an open fire or boiled on the cob and eaten with stew. The maize is also locally ground without polishing and used as a flour.

'Uji,' the Swahili name for a thin maize gruel, is a typical Tanzanian breakfast food and is common to many of the African countries. The same maize flour, boiled with water and made stiff by adding more flour, produces a dish called 'ugali' which is eaten with a stew of legumes, fish, meat, or vegetables at midday and again for the evening meal.

In almost all rural areas, the main cooking is done once a day, mostly in the evening. Sufficient quantities are prepared to be eaten the following day for breakfast and/or lunch. Cooking is normally carried out over wood fires with the clay cooking pot balanced on a traditional fireplace made of three stones. Few families in rural areas actually use charcoal, kerosene, or gas stoves.

Nutritional Status

Peru. A large proportion of the Peruvian population has lived (and died) under conditions of marginal to inadequate food intake for a long period of time. The diets of the poor

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are inadequate in calories and nutrients. Even the diets of those at middle income levels are marginal and occasionally inadequate. Poor health and sanitary conditions further aggravate the food consumption situation for individual households and for entire communities. These factors combine to present a pattern of chronic undernutrition with recurrent episodes of acute malnutrition arising from frequent illnesses and economic and ecological crises.

While data on the nutritional status of Peruvian children in the last decade is extremely limited, field observations indicate that children throughout the country appear to be suffering from acute malnutrition as a result of disease and low food intake which have resulted from the present crises.

In the last three decades, adequacy of available food was marginal. Recently, even the diversity of the diet has deteriorated. The level of food energy available has averaged about 80% of the level of 2400 calories per capita per day which is the level which the FAO of the United Nations recommends as adequate for Peru. While food consumption is seldom as skewed as the income distribution, the income distribution in Peru has been sufficiently skewed that it is safe to say that in the last three decades more than half of the population was significantly below recommended energy intake levels.

The present conditions for many families throughout the country are that diets are extremely poor in both quantity and quality. It has generally been thought that households in the rural areas were able to withstand economic shocks, because they produce a high proportion of their own food. Recent research, however, indicates that the rural population is highly dependent on the marketplace for both food and income.

Swaziland. Swazi people suffer from a variety of nutritional problems. Pellagra occasionally appears, probably because the maize milling processes remove the bran and germ. Not all salt is iodized and the result is incidence of some goiter. A low iron intake produces anemia in many women. By far the most serious problems stem from protein malnutrition. Kwashiorkor and marasmus have devastating effects on young bodies and brain development. These problems are more of a tragedy because they need not exist; the limiting amino acids in maize could easily be supplied by a legume or dairy product. Young children weaned from breast milk are normally given a watery maize porridge which does not supply the protein necessary for growth. Many die from these diseases and those who live through them will never be very intelligent.

The protein malnutrition problem is compounded by traditional customs. Meat and eggs are food for men, not young women and children who have low status. An old saying says "Give the child meat and he will be greedy; give him eggs and he will be a liar." These customs are not observed by all and hopefully they will disappear in the coming years.

Tanzania. In Tanzania, the majority of the population is engaged in agriculture, and income levels tend to be low. Studies in rural communities have shown that there is a 90% correlation between malnutrition and poverty. From studies of income and consumption, about 70% of the population may have less to spend on food than is needed to supply a minimum adequate diet.

In many cases, the food production is expected to meet household consumption needs as well as provide a marketable surplus in order to meet other needs. Any measures to improve nutritional status of the community have to take into account the need for increased food production. Tanzania had good production trends until the droughts of the early 1970s culminated in a severe food shortage from 1973-75. Lately the country has made some notable recoveries in maize, millet, sorghum, and cassava production, but bad weather conditions again indicate that there will be continued dependency on food imports and a need to resort to food aid.

The problems of employment in rural areas often create migration to the urban areas with consequent pressure on urban food supply. Though not a problem in Tanzania as such, there is a potential for creating shanty towns with very special health, sanitation and nutritional problems.

Often the lack of education about proper dietary practices, taboos, and food restrictions have been blamed for precipitating poor nutrition. Education is also known to affect receptivity to change. More attention has been given to the education of the mother who is the main agent in preparing food for the family. Mothers who are better educated and have high status occupations enjoy higher child survival because of relatively higher standards of living. The National Demographic Survey of 1973, showed that mortality decreases as education and occupational status increases. With the new approach to nutrition education it is very clear that Tanzania is concerned not only with the education of the mother, but also of the family —the leader and the technical cadre for solving the nutritional problems. Often, however, the social and economic problems of the country, as well as food availability, have led to the malnutrition rather than the sheer ignorance of those affected.

Meeting Needs in the Future

In Peru, there is an urgent need to respond to the present crisis. Nutrition should be central to the social and economic development, because nutritional status is both a cause for and a consequence of development. Public policies and programs can be used to improve the nutritional status of a society through enhanced incentives, information, services and sometimes through the provision of goods such as food or production resources. In addition to government involvement, the promotion of self-sustaining private and community-based improvements to nutriton should be encouraged, and existing institutions should be strengthened so these can help to mobilize private domestic resources.

Similarly in Swaziland, until society advances economically and becomes more educated, the protein malnutrition is likely to continue.

Tanzania has formulated an effective agriculture, food, and nutrition policy where the responsibility of all sectors in improving production and utilization of food and health and welfare services are well documented. With proper implementation of these policies, it is hoped that higher production will increase the income and make adequate food possible, thus eventually leading to good health. •

Editor's Note: ADIM, the Swaziland Home Economics Teachers Association, and the Tanzania Home Economics Association all are interested in twinning with a Canadian affiliate. For further information, please contact Sharon Channer at the CHEA National Office.

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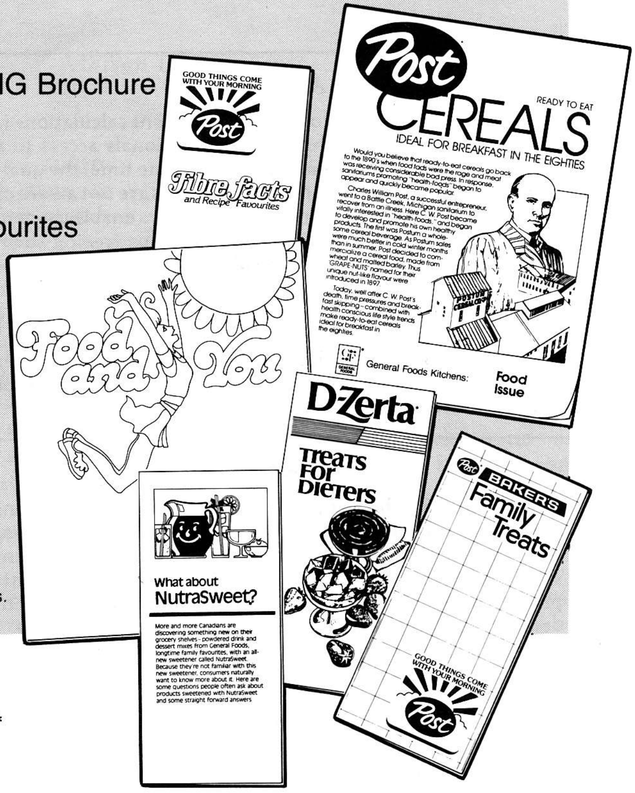
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Computerized Diet Analysis

Friend or Foe?

Gustaaf P. Sevenhuysen

Abstract

The use of computers to carry out nutrient calculations is becoming widespread. This gives professionals access to a greater quantity of information. At the same time, the quality of information may decrease if the users are not aware of the limitations of the technology. Computers enable users to spend less time on routine calculations, thus freeing them for more creative tasks. As a result, the orientation of professional work will change. Nutritionists should educate themselves in the use of computers, so they will be in a position to define their future roles.

The steps involved in computerized diet analysis, together with a specific application developed at the University of Manitoba, are described.

Résumé

L'emploi des ordinateurs pour faire des calculs des rations alimentaires devient universel. Ceci donne aux professionnels un plus grand accès à une quantité augmentée de renseignements. En même temps, la qualité des renseignements peut diminuer si ceux qui pratiquent la méthode ne se rendent pas compte des limitations de la technique.

Ceux qui emploient des ordinateurs passent moins de temps à faire des calculs courants, ainsi ils ont plus de temps pour des tâches plus créatives. Par suite de cela, l'orientation du travail professionnel changera. Les nutritionistes devraient s'instruire dans l'emploi des ordinateurs, pour qu'ils puissent être dans une position à définir leur rôle dans l'avenir.

L'auteur décrit les démarches que comporte l'analyse de l'alimentation par l'ordinateur et une application scientifique développée à l'Université du Manitoba.

Information on food composition and nutrient intake is a central part of any work with the public on nutritional questions. Computers are changing access to nutritional information and offer great potential to improve its quality and quantity. These changes have important implications for professionals and they should become aware of the strengths and weaknesses of the new technology.

Organizing Nutrient Data

Traditionally, nutrition professionals use food tables to calculate the combined nutrient content of several food items. Estimating nutrient amounts in the combination, by multiplying weights of individual foods with nutrient values in tables, is made considerably easier with a calculator. A computer is essentially a similar tool so it is no surprise to learn that it performs exactly the same nutrient calculations, but without the need to physically push buttons for each step.

To accomplish the calculations, one area of the computer memoy needs to retain a sequence of instructions (the program) which duplicates the actions a professional carries out in doing manual calculations. This is possible only because the same sequence of calculations is repeated for each nutrient and food item. If each calculation required a technical decision instead of being repetitive, no program could perform them independently. Quite separate from this program are two more sets of information: the nutrient amounts per 100 g of each food item and the food amounts consumed.

A number of food tables are available for use with different computers from microcomputers to large institutional machines. Microcomputers are quite limited in the number of food items that can be listed and the range of nutrients that can be accessed. These nutrient databases cannot be used to calculate nutrient compositions of diets until they are combined with a program to do so. For microcomputers, such as Apple, TRS 80, or IBM PC, packages are available that combine both database and program. With large computers, users often need to develop programs to gain access to nutrient databases such as those of Health and Welfare, Canada or the United States Department of Agriculture.

These databases differ not only in the nutrient values chosen but also in the format used for data storage. As a result, a program can only read the database for which it was designed.

All nutrient analysis programs carry out the same basic calculations yet considerable differences exist among them. These relate to: the nutrient data itself, the way food intake data is grouped before analysis, the presentation of results, and extension into subsidiary programs.

Manual calculation provides the opportunity to exclude information about the foods being analyzed — for example, by restricting the analysis to foods of one type, belonging to one food group, eaten on a single day, or at a single meal. Only the largest computers can duplicate the flexibility that manual analysis allows as programs for microcomputers are usually designed to answer a limited number of questions. Output of tables, pie charts, and histograms yield impressive looking results, but a program cannot provide answers it was not designed to give. These design features determine how useful a program is to the professional. Results for nutrient composition of diets can be used in other calculations; for example, comparison with nutrient requirements or with nutrition labelling standards, and statistical procedures.

All such calculations require separate program elements, though for microcomputers these may be included in one package. Lists of reference values used in calculating nutrient requirements, for example, will be part of such a program. Sources of such values and the factors used to calculate requirements are not always evident from the results, and technical references should accompany the program to explain its operation. Changes to this information in the light of new scientific evidence requires rewriting the program.

Professional Uses of Computer Processing

Advantages of using computers for nutrient analysis stem mainly from the speed and contrived accuracy of repeated calculations. It is also apparent that the process is potentially restrictive in providing technical answers and may lead to the inappropriate use of information. Published figures for nutrient requirements are sometimes used out of context and such mistakes will be made more readily with computers: *out of sight, out of mind*.

The speed of the computer makes it practicable to calculate the full range of essential nutrients rather than just the macronutrients as is now commonly done in manual calculations. This is an important addition to the services that can be offered to people who have medical reasons for changing their diet, who have concerns about food allergies, or who want to know the implications of changes in their own food habits. Food tables now being produced are intended for use with computer processing. Without computers, only a few professionals or individuals will have access to this information because the large amount of detail prevents these tables being distributed in the same way as the present slim volumes.

In the past, it has been difficult to update information quickly and professionals were forced to rely on the same food tables for many years. Changes in food grading systems, processing techniques, or fortification policies in the food industry are only slowly reflected in traditionally printed tables. Since it is much cheaper to modify and duplicate information already in computer storage than to reprint books, it is possible to always have current data available.

The calculation of nutrient requirements for an individual often must take many separate factors into account. Complex calculations require more time than is usually available when giving service to the public. With computers, this uniquely personal service is available using only a fraction of the staff time previously required. Ideally the computer program should take account of as many of the differences as possible between individuals. Programs will ignore a number of these differences because their influence on nutrient requirements is not known. For example, it is difficult to quantify the extent to which lifestyle and general health status will affect energy expenditure, and no reliable figures are available for individuals suffering from acute infections. Individual differences in metabolism are well illustrated by the large range of apparently normal weight gain during pregnancy. The series of judgements a professional makes in recommending a certain weight gain for a woman with a below desirable prepregnant weight, for example, is not duplicated exactly by computer programs at present. Hence, the results of such programs cannot necessarily be interpreted in the same way: *user beware*. Future developments will undoubtedly allow more of these individual factors to be defined in computer programs; this increases the responsibility of professionals to ensure correct use in individual situations.

A similar problem exists in estimating the bioavailability of nutrients. The extent to which any one type of nutrient is metabolically available depends on food preparation and other food components eaten at the same time. Food intake information is generally not detailed enough to make a reliable assessment of bioavailability. Neither have all the factors influencing the bioavailability of specific nutrients been adequately determined.

Recipes can be analyzed for nutrient content in the same way as diets. For those interested in food components such as sugars, fats, or fibre, computer processing offers individuals or food service operations access to comprehensive recipe analysis.

Implications for Professional Work

Professional solutions to the nutritional problems of individuals or groups are always based on incomplete information. Much time and skill are needed to get as complete an assessment of the problems and their causes as possible. Calculating nutrient intake is just part of this process. By using computers, time is saved and much more information is available for nutritional assessments, apparently making it easier to arrive at solutions. One might even argue that computer processing will reduce the technical content and responsibility of the professional's work.

Yet, as this processing provides more information than is practicable using manual calculations, it will allow the professional to spend more time interpretating factors, other than nutrient intake, that define the nutritional problem. It is more beneficial to deal fully with the lifestyle and sources of stress of clients than to spend that time doing routine calculations of standard formulae.

It will therefore be possible to seek solutions to nutritional problems with a greater variety of information. This situation increases the potential contribution of nutrition professionals and gives them greater responsibilities. It also requires a rethinking of present patterns of work. Government departments and other employers of nutrition professionals who deal with the public should be made aware of such changing responsibilities.

An efficient way for professionals to take advantage of these new opportunities is to have access to a terminal linked to the computer of a large institution. Sharing larger facilities will avoid time consuming steps needed to update technical information and provide standard reliability.

Applications

One example of such a system is the nutrient analysis program at the University of Manitoba, which is available to both professionals and the public. Other systems are avail-

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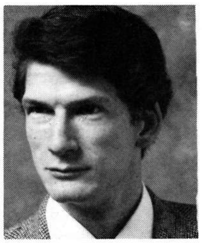

able in several major cities. The Manitoba system consists of a number of interrelated programs as shown in Figure 1.

The nutrient analysis program (NAP) uses data from the Canadian Nutrient File, which is updated annually by Health and Welfare, Canada. The main features of this program are shown in Table 1. By entering the results from the NAP into separate statistical programs any set of research questions can be answered. Professionals looking for patterns of nutrient intake in a group of people or measuring daily variations in nutrient content in a number of alternative menu cycles will want these results. A feature dealing with food frequencies is presently being added to this program.

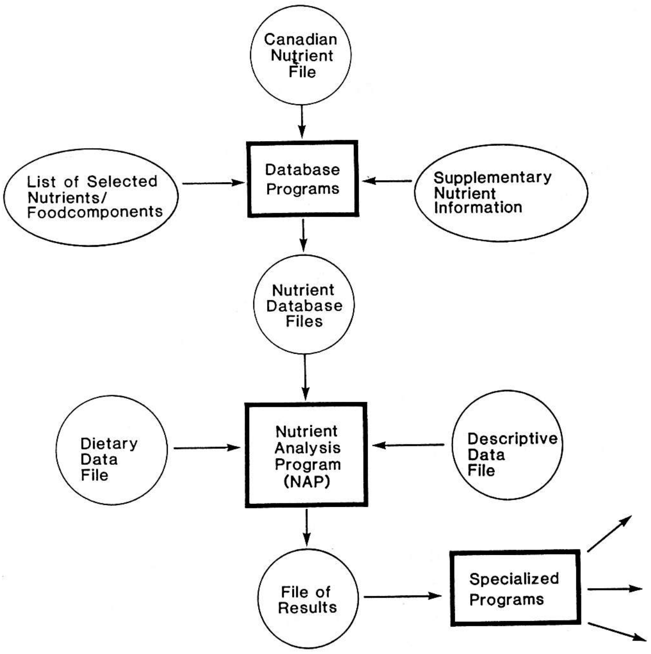
Canadian Nutrient File
List of Selected Nutrients/ Foodcomponents
Database Programs
Supplementary Nutrient Information
Nutrient Database Files
Dietary Data File
Nutrient Analysis Program (NAP)
Descriptive Data File
File of Results
Specialized Programs

Figure 1. Food composition programs overview.

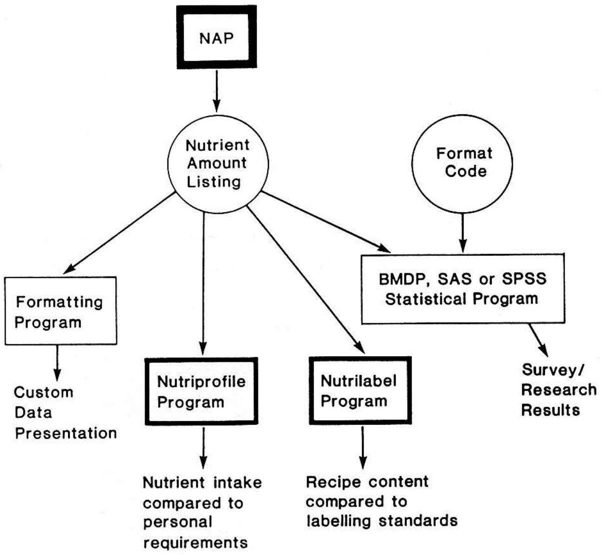
NAP
Nutrient Amount Listing
Format Code
Formatting Program
BMDP, SAS or SPSS Statistical Program
Custom Data Presentation
Nutriprofile Program
Nutrilabel Program
Survey/ Research Results
Nutrient intake compared to personal requirements
Recipe content compared to labelling standards

Figure 2. Nutrient analysis program overview.

For service to individuals, results from the NAP program can also be entered into other specialized programs such as the *Nutriprofile* and *Nutrilabel* programs as is shown in Figure 2.

The Nutriprofile program is designed for use in public services where professionals deal with individual concerns. Its main features are listed in Table 2. Users can provide their food intake and personal information by mail, or give it in a telephone interview. The results are mailed back. Alternatively, users can provide the information through a microcomputer and telephone link, and have the results returned the same way a couple of hours later. Small charges are made for these services to cover costs.

The Nutrilabel program will provide a description of the nutrient content of recipes (see Table 3). It calculates the information required for nutrition labelling of food products, enabling professionals in marketing boards to compare the nutrient contents of specific food products or recipes. Such information can then be used to indicate the relative advantages of products or preparations to consumers. Any number of recipes can be reviewed quickly and efficiently.

Table 1. Nutrient Analysis Program Features

1. Unlimited grouping of foods
2. Choice of a single food
3. Unlimited combination (average or sum) of any of four dimensions:
    - days
    - meals
    - locations
    - nutrients
4. Choice of result output:
    - formatted tables
    - lists of results, either not labelled or with SAS program labels
5. Warning on missing nutrient values in database

Table 2. Nutriprofile Program Features

1. Calculates energy requirements and RNI for 25 nutrients, on basis on of:
    - age
    - smoking
    - weight
    - pregnancy
    - activity
2. Determines desirable weight on basis of:
    - height
    - frame size
3. Produces histogram of percentage RNI and lists food sources of nutrients found low
4. Shortened output for professional use

Table 3. Nutrilabel Program Features

1. Formatted output for recipe nutrient content (18 nutrients)
2. Calculates percentage of composite RNI
3. Calculates Nutrients Density Index
4. Produces tables one summary pie chart

(Continued on page 200)

What do you say when . . . ?

Allison Oakes

What do you say when confronted with dietary guidelines for premenstrual syndrome?

Premenstrual Syndrome (PMS) involves a variety of symptoms resulting in recurrent temporary disruption of the lives of a substantial number of women throughout their reproductive years. General symptoms of PMS are nervousness, irritability, emotional instability, and depression. Other symptoms may include headache, edema (water retention), and breast tenderness. Nutritional therapies for PMS are currently being recommended despite the absence of explicit evidence for their reliability and effectiveness. Nutritional factors most often associated with PMS are salt (sodium chloride) balance, pyridoxine (vitamin B_6) status, low blood sugar (hypoglycemia), magnesium, as well as caffeine, fat, and vitamin A intake (Jones & Kumanyika, 1983).

Salt intake has become a control factor in PMS treatment, since a high salt intake has been associated with water retention, a PMS symptom (Greenhill & Freed, 1941). In a recent study, Goei, Ralston, and Abraham (1982) observed that PMS subjects consumed twice as much salt as the control group. Health and Welfare Canada (1983) recommends an approximate salt intake of 9 mg in milliequivalents per kilogram per day for adults. However, salt intake from a normal diet supplies a much higher amount than they recommend. Therefore, to reduce salt intake, avoid excessively salty foods, such as canned soups and cured meats, and reduce the amount of salt added to foods in preparation and at the table.

Suggestions to treat PMS by increasing pyridoxine intake are the result of research into possible causes of PMS. In their review, Jones and Kumanyika (1983) indicate that some researchers have focussed their attention on high prolactin levels in women with PMS and have suggested prolactin as a causative agent, while other research groups have studied other hormones such as estrogen and progesterone. High levels of pyridoxine given to women with PMS have been found to depress prolactin levels. Abraham and Hargrove (1980) observed that a pyridoxine supplement of 500 mg of pyridoxal hydrochloride given daily (pharmacologic rather than dietary range) resulted in significant improvement in physical as well as behavioral symptoms for 21 out of 25 women with PMS. The recommended intake of pyridoxine in milligrams per day is derived from the relationship with the daily dietary protein intake. For example, a woman consuming 41 g/day of protein should consume approximately 0.6 mg/day of pyridoxine. Thus, while pyridoxine supplementation appears promising in relieving PMS symptoms, further research is necessary to confirm the reliability of this treatment together with determination of appropriate dose level and assurance of freedom from any long-term toxic side effects.

A craving for more refined carbohydrates and sugars was observed for PMS subjects when compared to the control group in a study by Goei et al. (1982). Similarly, Smith and Sauder (1969) observed more premenstrual depression in women craving sweets and in women reporting that they felt like eating compulsively. These findings are reflected in the suggestions that PMS symptoms are hypoglycemic in nature and therefore, management may involve eating frequent high protein meals (Abraham, 1980). Overall, good dietary guidelines for women diagnosed as having PMS are, as suggested in Canada's Food Guide, to consume complex carbohydrates (whole grain, bread and pasta products) and to avoid or limit those carbohydrates which appear to cause difficulties (refined sugars and sweets).

Other research into PMS-nutrition interrelationships has focussed on the use of magnesium in the diet and on the possibility that a restricted fat and caffeine intake may serve to alleviate PMS symptoms. However, further study is required before dietary recommendations can be justified in these areas.

At present, recommendations such as decreasing salt intake or increasing the consumption of complex carbohydrates should be given as general dietary guidelines, as opposed to giving specific PMS therapies. According to Rose and Abplanalp (1983), even mild malnutrition resulting from a poorly balanced diet can significantly contribute to the symptoms of PMS. Therefore, the best guidelines to follow are consumption of a nutritionally adequate diet, with minimization of alcohol, salt, and refined sugars. ●

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ERRATA

Michelle Marcotte, author of the Summer 1984 *What do you say when . . . ?* feature, obtained a BA(Hons) from the University of Windsor, not the University of Waterloo as reported.

The editors apologize for this error.

Allison Oakes received a BHEcol (Foods and Nutrition) from the University of Manitoba. She is currently a consultant with Versafood Services, Winnipeg.

A regular column by the *CHEA Foods and Nutrition Committee* to assist home economists in combatting food misinformation. Edited by **Marjorie Schurman.**

Diet and Behavior

Shirley Rebus

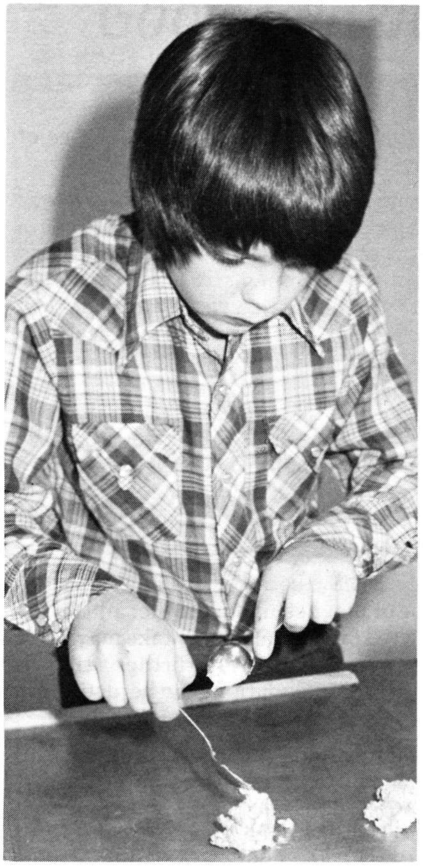


Photo courtesy *The Calgary Herald.*

Chris Rebus, 9 years old, baking additive-free cookies.

Abstract

The relationship between diet and behavior remains unproven by scientific research. However, a dle blind study underway at the Alberta Children's Hospital in Calgary is expected to provide further insight into this relationship. Based on extensive clinical work, this study has been carefully designed to examine the way in which physical symptoms, sleep, and behavior are affected by dietary status, food allergies, environmental intolerances, food additives and food stimulants. Preliminary results suggest that behavior may be affected by diet, although diet is by no means the panacea suggested in popular literature. When the study is completed in approximately 2 years, it is anticipated that the results will be useful in helping parents and professionals isolate probable dietary candidates and demonstrate reasonable expectations for dietary and environmental intervention.

Résumé

La recherche scientifique n'a pas encore établi quels rapports existent entre l'alimentation et le comportement. Cependant, une étude qui se poursuit à l'Alberta Children's Hospital à Calgary promet de donner plus de renseignements sur ces rapports. Basée sur un travail extensif en clinique, cette étude a été soigneusement conçue pour examiner la façon par laquelle les symptomes physiques, le sommeil, et le comportement sont affectés par la condition de la diététique, les allergies à l'alimentation, les intolérances à l'environnement, les additifs à l'alimentation et les stimulants alimentaires. Les résultats préliminaires suggèrent que le comportement peut être affecté par l'alimentation, mais que l'alimentation n'est nullement la panacée dont parle la littérature populaire. On pense quand l'étude sera complétée en deux ans les résultats pourront aider les parents et les professionnels à isoler les candidats aux problèmes diététiques et qu'ils démontreront des espoirs raisonnables pour l'intervention de la diététique et de l'environnement.

In spite of what you may have heard, there is good reason to believe that diet and behavior are related, says Jane McNicol, Clinical and Research Dietitian at Alberta Children's Hospital, who has counselled more than 800 families and is now involved in a double-blind research study.

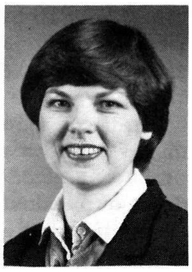
There is clinical evidence to support the diet-behavior connection, yet more than 30 research studies have failed to prove this claim. This apparently contradictory situation, which is confusing to both professionals and parents, seems to have arisen because past research studies considered only some aspects of the subjects' diets and environments.

Much more comprehensive information may soon be forthcoming as a result of the work of the Diet and Behavior Research Team, a multidisciplinary group of Calgary researchers, which is part way through a study funded by Health and Welfare Canada and the Alberta Mental Health Services Advisory Council. Preliminary results of this study indicate that:

- Behavior improvements are observed in some children when suspected allergens, additives, food stimulants and/or environmental scents are removed.
- When the diets of "picky eaters" (i.e., nutrient-deficient children) are improved to meet their requirements, they become more tolerant of foods and additives that had previously caused reactions.
- There are certain indicators that appear to be useful in screening individuals to determine whether or not dietary changes are likely to be of benefit to them.
- Contrary to what the literature indicates, it seems that not all reactions occur immediately after exposure to the offending substances.

Limitations of Previous Studies

The preliminary results of the present study are quite different from those reported by previous researchers. It seems that in the early stages of



Shirley Rebus received a BSc (HEc) from the University of Alberta and is a consultant home economist in Calgary teaching consumer economics at Mount Royal College and managing Boma Consumer Promotions Ltd. She is the mother of a food-sensitive son and conducts parent workshops on coping with an additive-free diet. She has recently been elected president, Alberta Home Economics Association.

Acknowledgement. Appreciation is expressed to Jane McNicol for providing information and comment for the preparation of this article. The extent of the current research prevents McNicol and the other members of the Diet and Behavior Research Team at Alberta Children's Hospital from answering individual inquiries.

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investigation, researchers did not realize the importance of aspects such as delayed reactions, cumulative effects, environmental irritants, the child's own nutrient status, and allergies. For example, in some cases red dye was hidden in chocolate cookies, milkshakes, or chocolate-coated capsules. It is quite possible that the subjects reacted to the chocolate, sugar and/or milk in these products, as well as to the red dye that was being tested. Therefore, the results were inconclusive.

Environmental factors were not considered in any study. Subjects could have been affected by perfume worn by a tester, toluene-based felt markers used in an activity, or any number of other non-food irritants. Again, such reactions would confuse the study results. Furthermore, the children's nutritional needs were considered only in a very limited way. Test foods were simply added to the child's usual diet, whether it was good, bad or indifferent. These and other design inconsistencies have led two expert committees (Consensus Conference, 1982; Wender and Lipton, 1980) in the United States to conclude that *research to date has neither proven nor disproven* the diet-behavior theory. Both committees suggested that further investigation was needed to provide conclusive results.

Alberta Children's Hospital Study

It is anticipated that the Calgary study will produce more conclusive results because it has been carefully designed to overcome some of the limitations of the previous research. To accomplish this, a research team (comprised of three research psychologists, a pediatrician with experience in developmental problems, and McNicol) carefully studied past research projects and clinical observations.

Clinical experience. A great deal of clinical information and experience has been accumulated at the Alberta Children's Hospital over the past 6 years. During this time, McNicol has provided diet counselling for more than 800 children who have been referred by physicians and hospital clinics because of hyperactivity and other behavior problems. Patients ranged in age from 9 months to 18 years, with the average being 6 years; about 75% were boys.

Prior to their first appointment, parents are required to fill out a detailed self-administered assessment form which is subsequently reviewed by a dietitian to determine whether the child is likely to respond to diet and, if so, what foods, environmental factors, or nutrient deficiencies are suspected. McNicol or her colleague then designs an individualized diet and meets with the parents to discuss the assessment and proposed diet.

This diet may restrict one or more of the following: artificial flavors, artificial colors, monosodium glutamate (MSG), sodium benzoate, caffeine, butylated hydroxytoluene (BHT) and butylated hydroxyanisole (BHA), salicylates, suspected allergens (milk, chocolate, cola, eggs, tomatoes, corn, wheat, etc.), and highly scented environmental items such as perfumes, felt markers, and certain cleaning products. If indicated, simple sugars are restricted and/or distributed throughout the diet in combination with high protein, high fat, or complex carbohydrate foods. At times, nutrient status is enhanced by use of high-nutrient recipes and possibly supplements (up to recommended daily intake; not mega doses).

This regimen is followed for a trial period of several weeks, during which time parents and occasionally teachers note any changes in the child's physical symptoms (sleep habits, diarrhea, rashes, etc.) and/or behavior (attention span, aggression, whininess, etc.). At the end of this phase, they meet again to map out a long-range plan which includes testing various foods and additives to determine which can be tolerated and which may require permanent restriction.

Present research. The insights gained from McNicol's clinical experience, along with an awareness of the limitations of previous research, encouraged the development of the Calgary Diet and Behavior Study. This study, funded in excess of $200,000, is being conducted by a multidisciplinary team to examine the way in which physical symptoms, sleep, and behavior are affected by dietary status, food allergies, environmental intolerances, food additives, and food stimulants.

The research involves 30 boys between 3 and 6 years of age who have been diagnosed as hyperactive and attend day care or kindergarten. Prior to acceptance they are screened for suitability for dietary management. In order to ensure that behavior and observations are unbiased, each participating family is provided with most of its food and toiletries for a large part of the study. Much of the food is prepared by hospital kitchen staff, and packaged items are repacked so that brands and exact contents are unknown to the family. A large volunteer force assists with food shopping, packaging, and accounting.

The study has a double-blind design so that the child, his parents, day care staff and observers do not know how the diet is being manipulated. In addition, the design is such that each child is his own control. That is, at one point during the study he is provided with foods that duplicate his prestudy diet in order to show whether or not his behavior is being influenced by the fact that he is in a study and having foods supplied. There are several different designs which are randomly assigned to subjects. To date, no family has been able to decode its particular design.

Throughout the test period, diet is carefully controlled and monitored. Food is weighed and/or measured at home and in the day care facility. A computer analysis program is used to examine what happens to 48 nutrients (including essential amino acids) during various phases of the study —the normal family diet, days when problem foods have been eliminated and nutrient status is good, and days when suspect items are introduced.

Extensive behavioral monitoring is also done throughout the test period. At home, parents note any changes in sleep patterns, physical symptoms or behavior. Day care personnel also monitor behavior. In addition, a trained objective observer records the child's behavior in the day care setting. This aspect is administered by the staff of the Behavioral Research Unit of the Kinsmen Research Centre, which adjoins the Alberta Children's Hospital.

At three different times during the study, the child is brought to the hospital for blood work and examination of physical symptoms (e.g. bags under eyes, rashes) by a staff nurse. At the same time the study co-ordinator, a psychologist who is blind to the study design, tests the child in areas such as manual skills, memory, and attention span.

"Soft" results being observed. In the jargon of researchers, the Calgary study seems to be coming up with "soft" results — that is, for several children there is some degree of change in many areas, but no dramatic disappearance of all their problems. This is to be expected because life is complex, and the study is only able to control diet and some environmental factors. A child's response may be affected by numerous factors which can't be controlled — a visitor wearing perfume, fresh paint in the halls at school, illness, or the excitement of holidays. Then, too, even though the foods used in the research are largely tailored to family lifestyle and preferences, there are the day-to-day frustrations of being part of a project that dictates what to eat and when to eat it.

A commonly-asked question is whether the results of the study of 30 little boys will be applicable to other people. McNicol believes that it will. Her clinical experience has shown that in instances where the entire family chooses to go on one of these diets, it isn't only the child who responds to the changes — often dad sleeps better, mom's eczema disappears, and headaches decrease. It seems that many problems which adults have learned to live with might have a dietary basis.

Diet is not a Panacea

It is important to keep all this in perspective. In fact, it is the many exaggerated claims for diet, coupled with lack of scientific confirmation, that has led professionals to be skeptical of the diet-behavior theory. Diet is certainly not the "magic cure" for all our ills, and McNicol emphasizes the following:

- Diet is not effective in changing poor social skills and other learned behaviors, although it can help the child feel better and thus make it easier to work with health and education professionals.
- Diet is not a cure for learning disabilities, but it can help the child feel better able to cope.
- Diet is not a cure for mental retardation. However, if the child has allergies, changing the diet could alleviate physical symptoms such as bloated stomach, respiratory difficulties, or rashes.
- Diet is not the only treatment for hyperactivity, which has at least 20 causes including birth damage, lead poisoning, neurological disorders, and poor parenting skills. Diet has only been found effective in cases where there is a background of allergies, intolerances or poor dietary status.

Benefits of diet therapy for hyperactivity. In spite of these limitations, diet has potential as one of the treatments for behavior problems. Other benefits are possible:

- When properly administered, these diets present no danger to the *child*. In fact, many are eating more nutritiously as a result.
- Although appropriate drugs can be an effective form of treatment, *parents* often prefer to try the diet approach. It helps parents to determine what they can do to resolve the problem, and what other help is needed in the way of psychologists, special education teachers, and other professionals.
- *Society* benefits because this is a cost-effective therapy. In the search for solutions for behavior problems, early introduction of diet modification may decrease the need for the expense of other professional involvement. This is significant when one compares the $100-$300 cost per patient of McNicol's program with estimates of minimal costs of $3,000 per year for each child requiring special help in the school system.

Keep an open mind. Home economists, nutritionists, and dietitians have long said that "you are what you eat." For example, it is known that children who eat a nourishing breakfast do better in school, that a hypoglycemic person feels better when eating the correct diet, that some children become irritable if they don't have a mid-afternoon snack. If what we eat can affect us in these ways, isn't it also possible that food allergies, along with intolerances to certain additives and environmental factors, can affect certain individuals by producing physical symptoms and behavior changes? And isn't it possible that poor nutrition status makes people more susceptible to these irritants?

Clinical evidence says *yes*. Preliminary results of the Diet and Behavior Study are pointing in that direction. When this study is completed in approximately 2 years, it is anticipated that the results will be useful in helping parents and professionals assess who will benefit from diet therapy, and what can reasonably be expected from dietary and environmental modification. The implications are exciting. ●

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Editor's Note: For more information regarding diet and behavior the following is an excerpt of a reading list prepared by Jane McNicol; for a copy of her complete list contact the editors.

Conners, C.K. *Food additives and hyperactive children*. New York: Plenum Press, 1980. (A good overview of the scientific studies testing the Feingold diet, an evaluation of the Feingold diet and hypothesis. Suitable for parents and professionals.)

Educational Services, Health and Welfare Canada, Health Protection Branch has the following:

- Dispatches: *Food additives: What do you think? Food additives*
- *Encyclopedia of food chemicals*
- Fact Sheets: Food Additives, Food Colors, Nitrates and Nitrites, BHA and T, Additives in Bread, New Trends in Baby Foods, MSG
- *Food additive pocket dictionary*
- *Guide to food additives*

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Ecole de nutrition et d'études familiales

Université de Moncton

Ghislaine Arsenault

L'Ecole de nutrition et d'études familiales at the Université de Moncton has been offering a master's degree program since 1973. The program offers three areas of specializations: food-nutrition, clothing-textiles and family studies. The program is offered in the French language only.

L'Ecole de nutrition et d'études familiales offre depuis 1973 un programme de deuxième cycle susceptible de fournir à l'étudiant un cadre stimulant qui lui permet de réaliser ses objectifs de carrière. En conséquence, le programme favorise une formation qui amorce un processus d'auto-éducation premanente.

Conditions d'admission

- Le baccalauréat ès sciences avec une formation en nutrition, en économie familiale, en enseignement des sciences familiales ou un diplôme jugé équivalent est une condition minimale d'admission au programme. En général ne sont admis que les candidats dont la moyenne cumulative est 2.5 et plus dans un système où la note maximale est de 4.
- Un cours de statistiques descriptives ou l'équivalent. Selon les antécédents du candidat et l'orientation de son programme, des cours d'appoint pourraient être requis dans une discipline de base ou dans un ou plusieurs secteurs de la nutrition et des études familiales.
- Tout candidat doit pouvoir lire et comprendre l'anglais même si le programme est offert uniquement en français.

- L'expérience professionnelle est souhaitable.

Durée des études

- minimum de 3 semestres à temps complet.
- maximum de 7 années consécutives à temps partiel.

Programme des études

- **Programme de cours.** Il existe trois champs de spécialisation possibles: alimentation-nutrition, vêtement-textiles et études familiales. Le programme comporte un minimum de huit cours dont deux cours d'un tronc commun et six cours de la spécialisation.
- **Programme de recherche.** L'étudiant consacre normalement l'équivalent d'un semestre à la recherche. Cette recherche est de 15 crédits et le sujet est choisi conjointement par le directeur éventuel de la recherche et par le candidat; le Comité de maîtrise de l'Ecole de nutrition et d'études familiales donne l'approbation finale pour tous les projets de recherche.

L'Ecole compte présentement huit professeurs à plein temps et ils ont des intérêts dans les domaines de recherches suivants: obésité, nutrition maternelle et infantile, alimentation des athlètes, éducation en nutrition, nutrition internationale, développement de produits à base de poissons et de fruits de mer, analyse des besoins de formation en économie familiale, design de vêtement pour les handicapés, et entretien des textiles (détersif).

Il y a également des projets de coopération internationale. Depuis 1980, l'Ecole collabore avec le Ministère de l'Education du Nicaragua à un projet de surveillance épidémiologique nutritionnelle dans les écoles du pays.

L'Ecole de nutrition et d'études familiales est située dans l'édifice des Sciences infirmières sur le campus de Moncton. Les facilités physiques sont relativement récentes et nous avons les ressources matérielles nécessaires pour mener à bien nos projets de recherche. Récemment nous avons créé un Centre de Recherche sur les aliments; ce centre sous la direction du Dr Auréa Cormier fait partie de l'Institut Canadien de Recherche sur le Développement Régional.

L'Université de Moncton octroie un certain nombre de bourses aux étudiants de deuxième cycle. Comme les montants de ces bourses sont plutôt limités on encourage les candidats à appliquer à l'extérieur de l'Université pour de l'assistance financière. Les droits annuels de scolarité sont 1,085$. ●

Pour tous renseignements supplémentaires, veuillez communiquer avec: Secrétariat, Ecole de nutrition et d'études familiales, Université de Moncton, Centre universitaire de Moncton, Moncton, NB, E1A 3E9. Tél.: (506) 858-4285

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Part of a continuing series about graduate study in home economics and related areas in Canada.

Developing a Resource Bank

Carol Hussa Harvey and Elaine L. Adam

Abstract

A method of locating recent, relevant resources for classroom use in universities and by professional home economists is explained. The authors developed a resource bank containing copies of 465 articles, gathered from library, governmental, and professional sources. Advantages and disadvantages of establishing a source collection are discussed from the points of view of the professional wishing to update information and of the university staff member and student. Future directions of the bank are discussed.

Résumé

Cet article explique une méthode de repérer des ressources pertinentes et récentes qui pourraient servir aux professionnel(le)s en économie domestique et être utiles dans les salles de classes universitaires. Les auteurs ont développé une banque de ressources des copies de 465 articles tirés de sources gouvernementales, professionnelles et de bibliothèques. Les avantages et les inconvénients d'établir une collection de sources sont examinés et du point de vue du(de la) professionnel(le) désirant la mise-à-jour d'information et du point de vue du membre du personnel et de l'étudiant(e) universitaires. Les directions que prendra la banque de ressources à l'avenir, sous forme d'une publication bibliographique des titres, sont discutées.

Locating recent, relevant resources from library, governmental and professional sources is an important task for professional home economists, as well as for undergraduate and graduate students. In this paper we explore the development of a resource bank for hard-copy resources and discuss the costs and benefits.

Locating and Assembling Materials

In a multidisciplinary field like home economics, location of recent, relevant materials, suitable for professional use is a problem. The resources needed are widely spread. For example, in assessing what research is being conducted in Canada for the Canadian University Teachers of Home Economics, Fetterman (1984, p. 18) found that while many of the published materials are to be found in the *Canadian Home Economics Journal*, a variety of other journals are also used by researchers. In addition, articles cited by Canadian home economics researchers also come from a wide variety of sources.

Even within one field such as family studies, which forms the basis for home economics (Hill, 1984), a variety of resources are needed. Bodley (1984) describes one way in which the knowledge explosion in this field can be managed — via use of the National Council of Family Relations' (NCFR) *Family Resources Database*. This is a computerized index of a variety of print and non-print materials which can be accessed by payment of a fee. The topics indexed include those specific to marriage and the family, as well as aids for theory and research. A wide range of topics, similar in scope and breadth, could be generated for other fields within home economics.

We thus see that a major task for the professional home economist, as well as for the student aspiring to be a professional, is to locate materials. Even if the individual is familiar with the variety of related professional and governmental sources, a local library search is helpful, but it is very time consuming and not exhaustive.

In light of the predicament of locating sources, the authors developed a resource bank — a holding of hard copies of journal articles, lists of films and local speakers, government documents, and professional publications. The resources were obtained during four months in 1983, by two students working under the direction of the authors. Four hundred and sixty-five items were identified, copied, catalogued, and housed in the Family Studies Department at the University of Manitoba. Although this resource bank has a family management focus, it could have the focus of any fields within home economics. The perceived costs and benefits of the resource bank could apply to professionals and students in all areas within home economics.

The first step in the resource bank development process was to define and delineate the areas within family management and to develop a list of key words for the library research. Examples from our list include decision making, problem solving, stress management, goals and values. In all 225 key words were listed.

After evaluating existing departmental holdings, a search for new materials began. All campus libraries were researched, with relevant copies coming from books, journals, and research abstracts from literature in the fields of home economics, psychology, sociology, education, law, medicine, and management as well as indexes from professional organizations in family management. Research was then expanded to other libraries and resource centres in the city. Public, private, business, and governmental holdings were investigated. Pamphlets and brochures form a large part of the collection from these sources. Audiovisual holdings were also scrutinized. The collection includes relevant catalogues and listings.

Carol Harvey is an associate professor in the Department of Family Studies, University of Manitoba. She holds a BS(HEc), University of Idaho; an MA, Washington State University; and a PhD, Washington State University. **Elaine Adam** is an assistant professor, Continuing Education Division, University of Manitoba. She holds BSc (HEc), BEd, and MEd degrees from that University.

Acknowledgement. The project reported is based on research conducted with the assistance of funds from the University of Manitoba's Student Union (UMSU)/Federal Government Work Study program.

Once all materials were collected, they were coded, filed, and listed for easy access and convenient update. The room chosen for the holdings has space for users.

Advantages and Disadvantages

The authors found that the development of a resource bank in family management has a number of advantages and disadvantages, both for professionals and for students.

Professional users. If staff turnover is a problem in a university department, then elimination of gaps and overlaps in courses is possible when professors have access to a resource bank that includes course outlines, hand-out materials, student assignments, and sources of information on films and speakers. When the bank is used by all the full- and part-time members of a given department, a well-rounded, comprehensive sequential program can be the outcome. Rather than developing courses in isolation, the professors can frame the courses in full knowledge of ongoing departmental philosophy and direction. This enhances the esprit d'corps and provides a coherent picture for students. One course thus builds upon the next, making a 4-year undergraduate program which is perceived by students as effective, relevant, and comprehensive. A resource bank can be a useful tool to achieve those ends.

Use of an assembled knowledge base can be extended to the wider community of professionals. Faced with an expanding knowledge, professionals can benefit from the use of latest reports of research. Establishment of community co-operation is a possible side benefit among users.

One disadvantage of a resource bank is limited access. Often the physical location limits use if the building is isolated geographically from potential professional users and if hours of use are limited. Another disadvantage is the need for continuing funding for updating. A third disadvantage results because those people personally involved in a project are the most excited about it and use it most. Funds and time must be devoted to advertisement to gain wide utilization by the whole staff. To be of maximum benefit all potential users should be involved in the initial planning.

Student users. Graduate and undergraduate students can also benefit by using the resource bank. The student can work on the shoulders of others, contributing to the accumulation of knowledge. Student papers, which are fine examples of the state of the art in a topical area but are not suitable for publication, can be filed. This contributes to a student's sense of accomplishment and to the building of professional liaisons.

The authors: Elaine Adam and Carol Harvey working in the resource bank.

Evaluation and Future Direction

In evaluating this project, the authors recommend that individuals planning a project like this one should have a 4- or 5-year time plan in mind to actuate its use. It is somewhat naive to assume that if one is committed to a project and sees the need for it, others will follow. Classical research in social science demonstrates that innovations in social groups have a *two-step* communication flow, wherein opinion leaders are the first adopters and others follow when given advice by the opinion leaders. Innovators must identify opinion leaders in the target group and gain the acceptance of these people in order to have widespread usage of the new resource (Chin & Benne, 1969).

To make a project like this work, one requires commitment of and co-operation by ongoing staff and senior administrators. When new people are introduced to the system, the administrator needs to take the time to demonstrate the use of the bank. New staff need a tour of the resource bank and should be able to buy a published bibliography. People who are new to the system will only incorporate the use of a resource in their own routine if they see other faculty utilizing and benefiting from it.

The project manager's commitment has to be sufficient to make use of available money resources and to find continued funding in order to keep the project alive and up-to-date. Costs of development of the authors' bank were quite low — expenses involved student time to find the materials, copying costs, and administrative time (in this case primarily drawn from full-time university faculty).

What is the future direction as seen by the authors? One goal is to publish a bibliography of resource bank holdings that will be available to interested professionals. Users would not then have to visit the University to view the hard copies but could locate materials of interest on their own.

Summary

The development of a resource bank in home economics has the advantage of providing a resource for professionals which can be an up-to-date and useful source of materials which are otherwise hard to locate. It can provide support for beginning or part-time professionals, can benefit students, and can strengthen intra-departmental liaisons. It can be successful only if it is used, accessible to professionals, publicized on an on-going basis, has financial and time support available for ongoing updating, and if new people are continually introduced to its use. Publicity, as in the case of a published bibliography of holdings, is mandatory to its success. ●

For further information about this particular resource bank, which focusses upon family management and ideas concerning development of similar hard-copy holdings in other locations, professionals are urged to contact the authors.

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Good Pensions for Women

When and How?

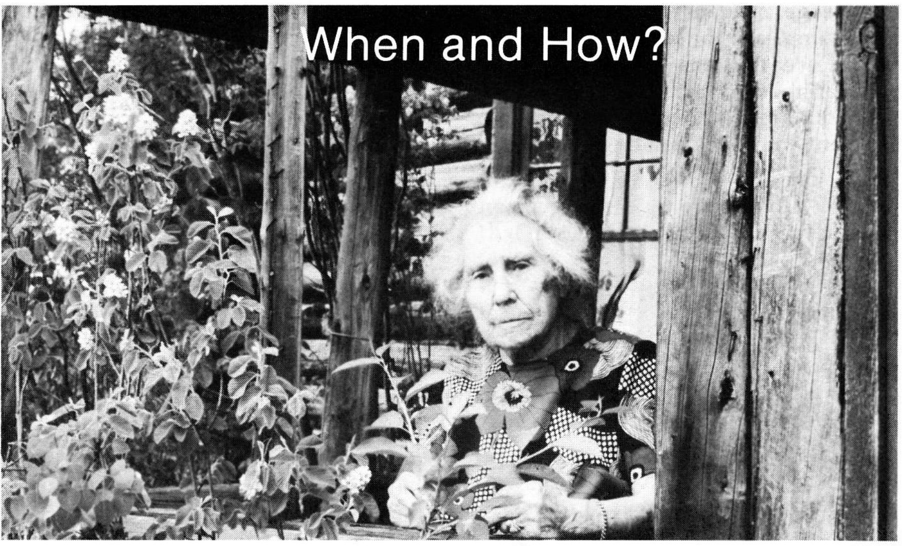

Photo Courtesy Manitoba Government Photo Section

Louise Dulude

Abstract

Canada's pension system is a multi-layered cake that leaves most people hungry. Unless reforms are implemented soon, the majority of women are certain to experience grave financial difficulties when they get old. After years of studies and task forces, the solutions have become crystal clear: we need expanded public pensions, recognition of homemakers' work under the Canada and Quebec Pension Plans, equal sharing of pension credits and retirement savings between the spouses and radical reforms of employer-sponsored pension plans. The only thing still lacking now is the political will to improve the situation.

Résumé

Le système de pensions canadien est un gâteau à plusieurs étages qui laisse la plupart des gens sur leur faim. A moins qu'on ne procède à des réformes importantes, on peut s'attendre à ce que la majorité des femmes éprouvent des difficultés financières considérables dans leur âge avancé. Suite à des années de recherches et de commissions d'enquête, les solutions sont devenues évidentes: des régimes de pensions publics amplifiés, l'intégration des femmes au foyer dans les Régimes de pensions du Canada et de rentes du Québec, le partage égal entre les conjoints des crédits de pensions et épargnes et la réforme totale des régimes de pensions des employeurs. Seule la bonne volonté politique fait maintenant défaut.

Few people are enthusiastic on the subject of pensions, with good reason since opinion polls find that 50% of Canadian men and 55% of Canadian women believe their own pensions will *not* be adequate to meet their needs when they retire (Decima Research, 1982). Is this a case of ignorance breeding exaggerated fears? Certainly not in the case of women. On the contrary, many studies have concluded that if things continue as they are, most Canadian women can expect to find themselves in extremely difficult financial circumstances when they are old (Dulude, 1981; Parliamentary Task Force on Pension Reform, 1983).

The obvious questions this raises are: What is wrong? Why is Canada's pension system so much worse than those of similarly-developed countries like Great Britain, France and Germany? Why are Canadian women's pensions so much lower than those of Canadian men? What can be done to improve the situation?

What is Wrong

One cause of our present pension crisis is that the Canadian pension system is not the product of a single well-thought-out reform. Instead, it is a multi-layered cake that grew in several stages in reaction to different political pressures and moods. The bottom layer of this cake, which is also the widest because it touches most people, is the federal Old Age Security program that was gradually established starting at the time of the Great Depression, when scores of elderly indigents roamed the countryside and were routinely thrown in jail for vagrancy. This program now consists of two elements:

- The federal Old Age Security (OAS) pension, or old age pension, which pays about $270 a month to *everyone* over the age of 65 who meets the residency requirements, whatever their income or the value of their assets.
- The federal Guaranteed Income Supplement (GIS), which pays an additional amount to elderly people who have little or no pension income other than the old age pension.

The purpose of this basic system is to provide a minimum guaranteed income to elderly Canadians from all parts of Canada who were not able to save enough or accumulate enough credits in work-related pension plans in their earlier years. It is a sad commentary on our society that fully half of all Canadians over the age of 65 are now receiving at least partial GIS benefits. Even more shameful is the fact that the OAS-GIS safety net does not guarantee a decent standard of living. At the start of 1984, the maximum OAS-GIS total paid out to penniless elderly singles — mostly widows living in urban centres — lagged behind Statistics Canada's poverty line for large cities by more than $250 a month.

The second layer of our pension system consists of the Canada and Quebec Pension Plans (CPP/QPP), which were introduced in 1966. These are two parallel and almost identical programs, one operating in Quebec and the other in the rest of Canada. They work by collecting a percentage contribution from all income earners during their working years, and then paying them and their families retirement, disability, and surviving spouses/orphans' benefits based on the contributors' level of earnings. From the view point of women, the design of the CPP/QPP was a disaster. By ignoring the work women do in the home, by using a benefit formula that perfectly mirrors

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the discriminatory wages they are given in the labor market, and by failing to equalize the entitlements of the spouses, these plans vastly increased the gap between the future incomes of elderly women and men. If we look at the changes in the incomes of elderly people in the past 15 years, we find that the incomes of male pensioners increased by $3 for every additional $2 that went to elderly women.

The other serious drawback of the CPP/QPP is that the benefit level which was chosen is not even high enough to allow an average *man* to maintain his previous standard of living after retirement. This is because instead of setting the CPP/QPP pension at 50% of previous earnings up to a ceiling, as labor unions had recommended, our governments decided to set it at only 25%. The result was extremely low benefits for retirees, and *guaranteed poverty* for widows who had no independent sources of income. The reasoning behind the decision to keep CPP/QPP benefits so low was that the pensions provided through them and the old age pension would be supplemented by the other layers of the Canada pension cake, made up of private savings and employer-sponsored pension plans. This did not work out well, however, because:

- **Savings.** Very few people, and even fewer women, are ever in a position to put substantial sums of money away for their old age. In what is popularly referred to as the "Green Paper," *Better pensions for Canadians*, (1982), the federal government conceded that "It is estimated that over half of current middle-age, middle-income couples and individuals will have insufficient savings at retirement to replace more than 5% of pre-retirement earnings. . . . Only about one-fifth would have sufficient savings to replace over 15% of pre-retirement earnings . . ." As for the imbalance between men's and women's capacities to save, men held more than 77% of all tax-deductible deposits made in registered retirement savings plans (RRSPs) in 1979.

- **Employer pension plans**. Only 55% of employed men and 38% of employed women (most of them in some form of public service) participate in employer-sponsored pension plans. Furthermore, the pensions paid by these plans are almost never adequately protected against rises in the cost of living, and the coverage they provide is almost always lost when a person changes jobs. As a result, only a fraction of participants in employer pension plans end up with worthwhile benefits, and even those who start off with good pensions at the age of 65 can end up destitute at 75 or 80 because of the erosion in the value of their benefits.

The cherry that tops our Canadian pension cake is a mix of a host of smaller elements such as provincial income supplements, tax deductions and credits, subsidized housing, reduced bus fares, senior citizens' days at the hairdressers, cinemas and supermarkets, etc. These benefits vary greatly from place to place and do not always go to the disadvantaged. For example, tax deductions are of no use to those who are too poor to owe any tax, and the neediest elderly, who are often in ill health, are probably the least able to take advantage of cut-rate services.

What does all the above add up to? Some alarming conclusions:

- Only a minuscule number of Canadians are rich enough to be able to live comfortably on their savings when they are old.
- Work-related pension plans rarely produce decent benefits. Less than 15% of employed Canadians, almost all of them working in the public sector, are in pension plans that provide adequate, inflation-proof pensions.
- Absence from the labor force, however worthwhile the cause, almost invariably leads to an inadequate income after 65.
- The retirement incomes of wives are almost always considerably lower than those of their husbands.
- When couples divorce, as 40% are expected to nowadays, the wife rarely gets a share of her ex-husband's pension rights and retirement savings. She also loses all entitlement to a widow's pension when he dies, even if she was a long-term homemaker and he was her sole source of support.

Proposed Solution

Can something be done to improve this appalling state of affairs? The answer is yes, all the above can be cured given the political will to do so.

Starting with the problem of **poverty** which results from the lack of an adequate federal minimum guaranteed income, the easiest and cheapest solution is to increase the Guaranteed Income Supplement to bring the total OAS-GIS pension to the poverty line for large cities. This year's $50 increase has improved matters, but at least $200 more per month is needed to bring the basic income of the spouseless elderly to an acceptable level.

Next is the problem of the present **inadequate replacement** of previous income, which is the most crucial for the pensioners of tomorrow. The two main proposals have been put forward to solve this:

- Increase CPP/QPP retirement pensions to somewhere between 35% and 50% of average lifetime earnings up to the average wage, instead of 25%; or
- Oblige all employers to establish a pension plan for their employees.

From the point of view of employees, there is no doubt that the first of these options is vastly preferable. Unlike employer plans, the CPP/QPP provide immediate irrevocable rights to a pension from day one of participation, full transferability from job to job, and complete protection against inflation. Also of extreme importance to women, the CPP/QPP can easily be adapted to grant full pension protection to all women (and men) who stay outside the labor force — or leave it temporarily —to fulfill worthwhile tasks.

At this stage in the Canadian pension reform process, however, the political prospect of either a larger CPP/QPP or of mandatory employer pensions appears quite dim, with neither the federal government nor any province advocating any type of mandatory approach. In spite of strong pressure from unions and women's groups, politicians insist that the public does not want more government intervention in this area, preferring instead to leave the responsibility for future financial planning in the hands of each individual.

This is very bad news for women, since most of them don't have the means to do financial planning whether they would be inclined to or not. It is also based on wrong premises, as shown by the results of a recent Gallup poll. It reported that 43% of adult Canadians are relying on the government to ensure that people have an adequate income at retirement age, while a further 37% would support mandatory employer plans. Only 18% chose to place the onus for future financial security on the individual. Among women, 48% were in favor of a more vigorous government role (Toronto Star, 1984).

The third main failing of our pension system, which is its lack of **recognition of the work of homemakers**, has already been partly corrected by the implementation of the *child-care drop-out* provison in the CPP/QPP. This measure works by leaving out of the calculation of a person's average lifetime earnings, on which her or his pension is based, the years of low or zero income spent outside the labor force taking care of one or more children aged under 7. The effect is to maintain that person's CPP/QPP coverage at a higher level, the cost being borne by all other CPP/QPP participants.

While the coming into force of the child-care drop-out provision was undoubtedly an important victory for the women's movement, it was an incomplete one because it only recognized homemaking when performed on a temporary basis by women who spend most of their lives in the labor market. It gave no pension protection to mothers with little or no labor force attachment and completely ignored the largest group among homemakers, composed of women who are keeping house for their husbands and their schoolage children (about one million) and older housewives left alone with their husbands after their children have left home (about one and a half million).

One of the early arguments against including these *left-over* homemakers in the CPP/QPP was that it was not feasible. The other was that these women were already protected as dependents under the CPP/QPP by the benefits for surviving spouses. Women's groups reacted to the first objection by devising a method of homemaker integration in the CPP/QPP that ended up being endorsed by the Canada Pension Plan Advisory Committee (1983) and the federal Parliamentary Task Force on Pension Reform (1983). With regard to pensions for surviving spouses, feminist analysts concluded that these benefits should be gradually phased out in favor of direct coverage of homemakers for the following reasons (National Action Committee on the Status of Women, 1983):

- Homemakers are not dependents, but productive members of society who deserve pension coverage in their own right. It is therefore inappropriate to give them benefits as dependents of their husbands.
- The CPP/QPP should not only protect homemakers who have spouses (as survivors' pensions do), but should also cover other homemakers such as divorced single parents, children who keep house for their parents or vice-versa, etc.
- Homemakers' pensions should not be subsidized by all participants in the CPP/QPP unless the homemakers are doing work that directly benefits all of society, such as child care or care of very disabled relatives. When this is not the case, the adult who is the main recipient of the homemakers' services (usually her husband) should pay, the only exception being low-income families.
- CPP/QPP benefits for homemakers should be calculated on the basis of the value of their own work (half the average wage being given as most popular figure) and not, like widows' pensions, on the basis of the other spouse's income. This way, all full-time homemakers would receive the same benefits instead of the better off ones getting higher pensions.

Politically, these proposals have become more attractive and accepted as they are better understood. Their strongest ally is public opinion: polls show that 74% of Canadian men and 80% of Canadian women support the direct coverage of homemakers under the CPP/QPP (Decima Research, 1982). Unless *all* CPP/QPP benefits are expanded as recommended above, the pensions such coverage would produce would be very small.

Next comes the need to **treat spouses fairly** and thereby recognize that all marriages are partnerships to which both spouses contribute equally if sometimes in different ways. In this area, a broad consensus has developed in favor of sharing the value of pension credits and savings equally between the spouses in proportion to the years they were married. In the case of the CPP/QPP, this equal sharing would take place on divorce and when both spouses reach the age of 65. Employer pension plan credits, RRSP deposits, and other savings would only get shared in case of marriage breakdown.

The one political difficulty sharing has encountered, which is crucial, is that most politicians refuse to make this sharing automatic and mandatory in all cases. Experience with the splitting of CPP/QPP credits on divorce, already available on request, has clearly demonstrated that most people who are faced with a choice between an immediate benefit and the prospect of a pension at age 65 will opt for the short-term gain. It is precisely because of this human failing that we have found it necessary to establish mandatory pension plans. If participants in the CPP/QPP are not allowed to renounce or sell their credits in these plans, divorcing spouses should not be allowed to do it either.

Finally, **employer pension plans** must be improved to ensure that they give a fair return to their participants, instead of taking unfair advantage of them as many of these plans do now. This entails changing federal and provincial laws to legislate the earlier acquisition of irrevocable rights to a pension, the establishment of new locked-in retirement accounts to which employer pension credits would be transferred when employees leave, mandatory unisex contributions and benefits, surviving spouses' pensions paid for by their spouses, and most important of all, reasonable protection of benefits against the ravages of inflation. While our governments have shown themselves willing to enact many of these improvements, the inflation problem has remained intractable so far. Until a solution is finally agreed to on that count, employer pensions will continue to be unreliable.

And the Canadian pension reform saga continues. . . . •

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On the Job

Profile of a Home Economist in Standards Development

Marian L. Gaucher

Standards form a basis for many things we encounter daily and often take for granted. Standardization can help to provide and improve the safety, performance, and quality of countless products and services. Standards can be a technical aid to industry and can help improve communication between the designer, producer, and consumer. The most effective standards are *consensus standards* developed with the co-operation and participation of all concerned.

The Canadian General Standards Board (CGSB) is one of the five accredited standards-writing organizations in the national standards system, co-ordinated by the Standards Council of Canada. The expertise provided by CGSB is the ability to assemble balanced technical committees and manage their affairs so the technical standards developed meet the often conflicting demands of those involved. A balanced committee is composed of those affected by the use of the standard — producers and suppliers, users, testing authorities, general interest members, research groups, and possibly, regulatory authorities. The committee has the responsibility of arriving at a consensus on the contents of the standard. The consensus process requires a thorough airing of issues posed by the various interests.

As a standards officer, I play a part in this *organizing and co-ordinating* role. The standards officer provides expertise in the preparation of standards and a knowledge of the industry, related international standardization, and work of other major standards bodies.

In the development of voluntary consensus standards, the initial steps are investigation of need and an examination of feasibility. Information is assembled and assessed on the industry, timing, resources required, appropriateness of the subject area to CGSB, the existence of other standards in the area, the benefits of standardization, the direct costs to CGSB, and the costs associated with the development and implementation. Once a decision is made to proceed, the standards officer becomes actively involved. If no committee is working in the particular subject area, a standards committee is formed by the standards officer working in consultation with the sponsor. Representatives from all interested parties are invited to participate.

At the first committee meeting we try to prepare a draft standard. Terms of reference may be written, a chairperson chosen, and a plan of action proposed. Several draft standards may be reviewed and several meetings held before those involved are satisfied. Throughout this process, the standards officer advises the chairperson on agendas, prepares working papers, arranges meetings, prepares and distributes minutes, advises and co-ordinates the specific assignments of members, prepares revised draft standards, and issues ballots.

When the draft standard is generally acceptable, a copy is mailed with a ballot to each committee member. The votes are compiled and communicated to the committee. In consultation with the chairperson, and committee members if necessary, resolution is sought for any negative ballots. Eventually, a consensus is achieved when substantial agreement is reached. Consensus implies much more than simple majority, but not necessarily unanimity.

Once the standard has committee approval, it is submitted to a second level review to ensure appropriate procedures have been followed. Lastly, the standards officer follows the document through publication and approves the final copy before printing and distribution. Other ongoing responsibilities of the standards officer include responding to enquiries, maintaining committee membership, and submitting issued standards to periodic review.

My educational background and related experience in textile science and home economics is an asset in fulfilling my role at CGSB. Primarily, I am involved in standards-writing areas related to textiles and clothing. Knowledge of quality assurance, laboratory and research methods, and statistical analysis is useful. Other standards officers have backgrounds such as engineering, chemistry, physics, and mathematics and work in areas such as thermal insulation, plastics, microfilming, packaging materials, roofing and waterproofing materials, paints, soaps and detergents, and geotextiles. Skills in organizing, setting priorities, and writing as well as a willingness to learn, to work independently, and to be flexible are important.

Many aspects of the position are particularly interesting and challenging — working with various interest groups and experts, acquiring knowledge in new subject areas, making a contribution towards the development of a consensus standard, and completing work through the consensus process. ●

Marian Gaucher received a BSHEc with a major in clothing and textiles from the University of Saskatchewan and a MSc from the University of Manitoba. She was Senior Textile Analyst with Simpsons-Sears Ltd. until 1981 when she assumed her current position as a standards officer with the CGSB.

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SOFT DRINKS. THE HARD FACTS.

It's a fact that soft drinks are a part of everyone's lifestyle. So you may want to know what's in them.

To give you and the people you counsel the opportunity to become more familiar with the hard facts about soft drinks, the Canadian Soft Drink Association has put together a booklet called, "The Facts About Soft Drinks". We are also producing an educational film about soft drinks (available in the Fall).

These materials do not suggest that soft drinks are a substitute for proper nutrition, they simply describe what they're made of, how they're produced, their history, their diet implications and other important facts… and, remind you that this refreshing taste treat—like any good thing—should be taken in moderation within the context of a well-balanced diet.

We also have available a poster and brochure on the proper care and handling of glass bottles.

The booklet, poster and brochure are free for the asking and if you are interested in the film, just drop us a line.

We'd like to give you the hard facts about soft drinks.

Canadian Soft Drink
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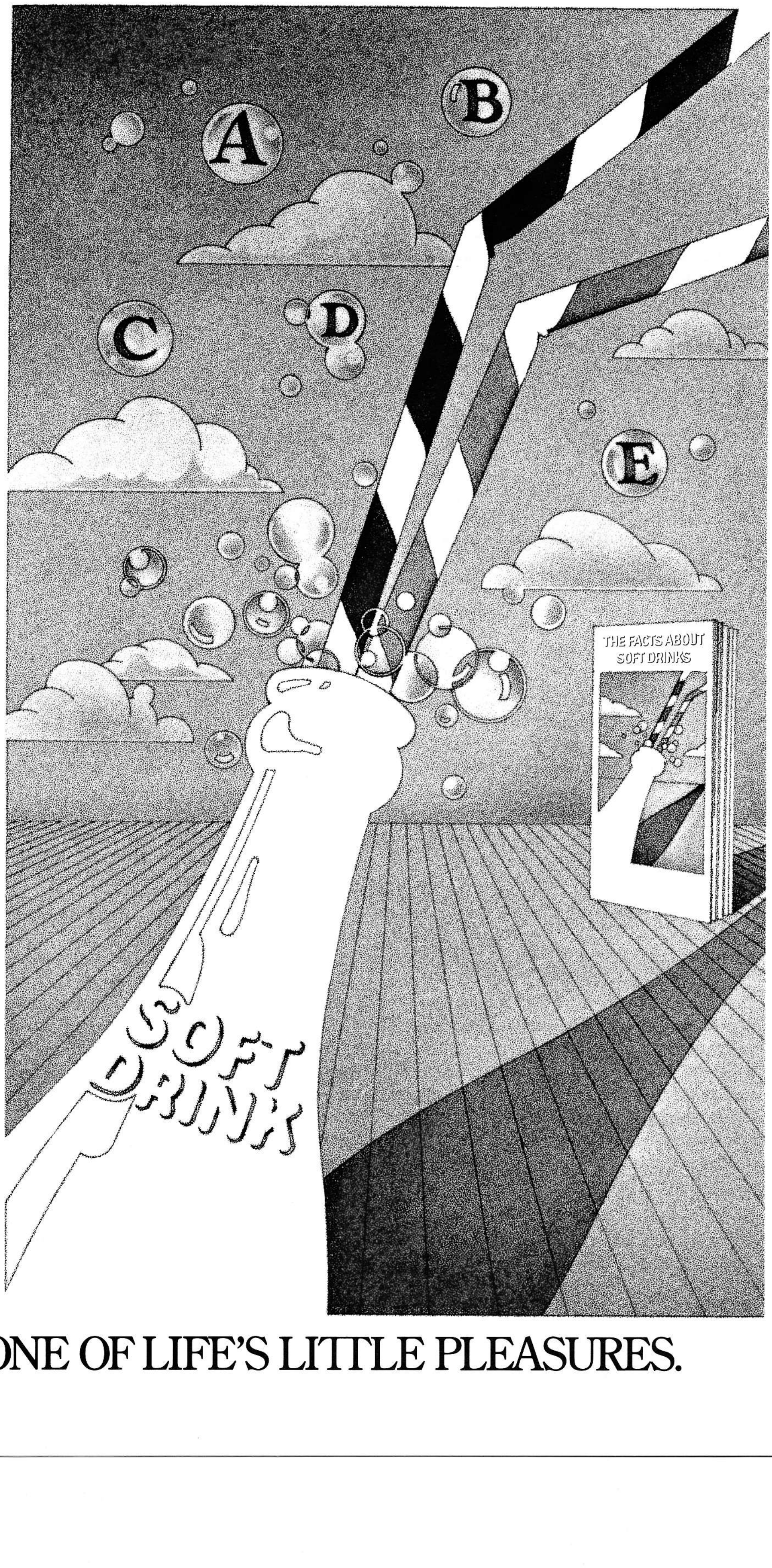
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THE FACTS ABOUT SOFT DRINKS
SOFT DRINK

SOFT DRINKS. ONE OF LIFE'S LITTLE PLEASURES.

Abstracts of Current Literature

Submitted by
Department of Home Economics
University of Western Ontario

Patterns, piracy and protection in the textile printing industry 1787-1850

D. Greysmith
Textile History, 1983, *14*(2), 165-194

In 1787 the first legislation to protect textile designs and register ownership in England was implemented. Reputable firms engaged in producing new designs were suffering financially due to firms who copied the designs and produced cheaper imitations. This piracy of designs was a general practice and usually admitted to by firms. The 1787 Act proposed a copyright of 2 months for registered designs, but copying continued with imitations being available as soon as this period expired. In 1794 and 1839 subsequent Acts were passed which resulted in a wider range of fabrics being covered and an extension of the copyright period to 3 months.

A Select Committee was formed in 1840 to examine the piracy problem. Manufacturers who employed designers and aimed for originality and excellence in design were in favor of protection legislation while firms which were less scrupulous and relied on printing copied designs were opposed. Both sides presented arguments and issues such as resulting cost increases, competition with imports, and meeting consumer demand for variety and low cost were presented.

The Design Act of 1842 was passed upon recommendation by the Select Committee that the copyright period of designs be extended. The Act created 13 classes of printed fabrics and the copyright period ranged from 9 months to 3 years and varied with the classification. A review of the Public Registers and Representations up to 1850 reveals that manufacturers of furnishings, carpets, printed yarns, and shawls did not take advantage of copyright protection. For dress fabrics, however, the protection was essential. The piracy in this area was rampant due to the lower/middle end of the market comprising the largest sector and an unrelenting demand for new designs. The Act succeeded in providing protection.

S. Horvath, MSc

Intensity of family disagreement over finances and associated factors

F.L. Williams and R. Berry
Journal of Consumer Studies and Home Economics, 1984, *8*(1), 33-53

Disagreement about the distribution of family resources, and decisions made about consumer purchases, create insecurity and stress within the family. The purpose of this study was to identify the factors associated with disagreement over family finances. The sample studied was 265 families from both metropolitan and non-metropolitan areas in Indiana.

Correlational analysis indicated that for both males and females, disagreement over finances was lessened with years of marriage, perceived future financial security, and agreement with the values of their spouses. For men, having management priorities and a smaller number of dependents were correlated with lessened amounts of disagreement; for women, communication between the spouses was an additional factor which correlated with lessened financial disagreement.

Regression analysis indicated that when other variables were held constant, years of marriage was the most important predictor of financial disagreement for men: the longer the marriage, the less disagreement. Husbands with wives employed part-time reported more disagreement over finances than those with wives not employed outside their homes. Wives employed full-time reported less disagreement over finances than non-employed wives. Using multiple regression analysis; family income, educational level, and net worth were shown to be non-significant variables as predictors of disagreement for both sexes.

Since almost one-quarter of all husbands and wives in this sample reported intense disagreement over finances, the authors suggest it is an important area for home economists to understand in order to provide leadership in financial management and communication skills.

C.A. Jefferys, MSc

Can breast feeding cause dental caries?

A.F. Hackett, A.J. Rugg-Gunn, J.J. Murray, and G.J. Roberts
Human Nutrition: Applied Nutrition, 1984, *38A*, 23-28

This paper provides a critical review of available information and gives some experimental evidence to clarify the concern raised in several current reports that breast feeding may cause rampant (severe) dental caries.

Based on the review of literature, the authors suggest that human milk possesses a greater cariogenic potential than bovine milk. The lactose content of human milk is reported to be higher than that of bovine milk (4.8% vs. 7.0%). Calcium and phosphorus, which have been found to be protective against tooth enamel dissolution, are reported to be lower in human than in bovine milk.

Experiments involving human volunteers were performed to test the cariogenicity and protective ability against enamel dissolutions of human and bovine milk. The results suggest that human milk is more acidogenic than bovine milk, but less acidogenic than 7% lactose or sucrose solutions. The experimental data also suggest that human milk is less protective than bovine milk against enamel dissolution.

The authors concluded that although it is possible for human and bovine milk to cause dental caries, the prevalence would appear to be very low. The concern may be for those infants who have continued on breast or bottle feeding until at least two years of age. The advice given to mothers included: 1) scrutinize infants' diets to ensure that other sugars are not frequently consumed; 2) provide fluoride dietary supplement if the domestic water fluoride level is less than 0.7 ppm; 3) provide adequate tooth brushing; and 4) take the infants to their dentists from an early age.

D. Lau, MSc

Effects of cyclosporine immunosuppression in insulin-dependent diabetes mellitus of recent onset

C.R. Stiller, J. Dupré, M. Gent, M.R. Jenner, P.A. Keown, A. Laupacis, R. Martell, N.W. Rodger, B.V. Graffenried, and B.M.J. Wolfe
Science, 1984, *223*, 1362-1367

That Type I diabetes mellitus (insulin-dependent or juvenile onset diabetes mellitus) may be an autoimmune disorder is suggested by studies of an animal model and the characteristics of the disease. Short term remission occurs in most patients, but is inevitably followed by worsening of the disease and the need for larger doses of insulin. Destruction of the beta cells occurs over 6 to 30 months and is indicated by the plasma concentration of C-peptide; antibodies against islet cells disappear over 1 to 2 years. If the remission phase could be preserved, better long-term control with less severe complications might be achieved.

In a pilot study at University Hospital, London, Ontario, 41 patients with Type I diabetes mellitus have been treated with the immunosuppressive agent, cyclosporine, for 2 to 12 months. Of 30 patients who started taking cyclosporine within 6 weeks of becoming diabetic, 16 were able to stop their insulin injections; concentrations of plasma C-peptide attained normal levels and titers of islet cell antibodies decreased. The remission rate of more than 50% in these patients is remarkable compared to the rate of 3% that occurs normally. In contrast, only 2 of 11 patients who started taking cyclosporine later, 8 to 44 weeks after diagnosis, became independent of insulin injections. Thus the remission rate was high only if cyclosporine treatment was initiated soon after onset of the disease.

Cyclosporine, which is an oligopeptide produced by a fungus, has been extremely effective in preventing the rejection of transplanted organs. Since it suppresses immunological function, the risk of infections and cancer will be increased in cyclosporine-treated patients. Furthermore, cyclosporine can be toxic to the liver and kidney. The side effects noted include excessive growth of body hair, gingival hyperplasia, sensitivity to changes in room temperature, nausea, headache, and leg cramps. In this study, kidney and liver functions were regularly monitored and no untoward toxicity was observed.

The proportion of patients achieving remission and the duration of C-peptide secretion induced with cyclosporine treatment in this study are unprecedented. However, even in complete remission, patients remained carbohydrate intolerant and had elevated levels of blood glucose. Whether the effects will be sustained after the drug is discontinued is not known, but relapses will probably occur in a significant fraction of the patients. A controlled trial of cyclosporine is needed to confirm the results of this pilot study; the long-term effects of cyclosporine, beneficial or otherwise, in diabetes mellitus are not known. Treatment with cyclosporine is **not** a cure, but a new and experimental method of arresting Type I diabetes mellitus.

M.T. Behme, PhD

Caffeine and theobromine levels in cocoa and carob products

W.J. Craig and T.T. Nguyen
Journal of Food Science, 1984, *49*(1), 302-305

Caffeine has recently been removed from the "generally regarded as safe" drug list. The Food and Drug Administration has issued a warning advising pregnant women to either avoid the use of caffeine-containing foods, drinks, and drugs, or to use them sparingly. Evidence has shown that caffeine can cross the placenta and may be a factor contributing to birth defects in human offspring. As well, caffeine and theobromine can diffuse from the blood to maternal breast milk. For these reasons, pregnant and lactating women should minimize their intake of food containing caffeine and theobromine.

The present study was undertaken to determine the caffeine and theobromine levels in 79 commonly used foods (puddings, baked products, cereals, dairy products, toppings, and chocolate confectionery), as well as 18 carob-containing products. In general, cocoa contained the highest amount of theobromine (20.3 mg/g) and caffeine (3.1 mg/g), followed by unsweetened baking chocolate (13 mg theobromine/g and 1.6 mg caffeine/g) and fudge (6.6 mg theobromine/g and 0.6 mg caffeine/g).

Higher levels were shown in some chocolate products when calculated on *a per serving basis.* Such examples were: fudge (41.3 mg theobromine and 4.1 mg caffeine), chocolate syrup (76.8 mg theobromine and 9.8 mg caffeine), chocolate cupcake (33.7 mg theobromine and 3.8 mg caffeine), chocolate pudding (87.5 mg theobromine and 7 mg caffeine), chocolate milk (58.7 mg theobromine and 2.8 mg caffeine), and chocolate ice cream (43.5 mg theobromine and 2.2 mg caffeine).

Carob products contained substantially less caffeine than most of the chocolate products, usually less than 0.3 mg theobromine and 0.03 mg caffeine per gram of product.

Shirley Chen, PhD

NOTICE TO AUTHORS

Effective with the next issue, the *Publication Manual of the American Psychological Association* (3rd ed.), will become the major style guide for the *Canadian Home Economics Journal*. Examples below illustrate the revised format:

- **Book**
  Beitler, E., & Lockhart, B. (1969). *Design for you.* Toronto: John Wiley.
- **Journal article**
  Collard, L.F. (1981). The implications of mainstreaming in Canada. *Canadian Home Economics Journal, 31*(4), 225-227.
- **Doctoral Dissertation**
  Pestle, R. (1965). *The relationship of pupil-teacher rapport to pupil coice of learning activities*. Unpublished doctoral dissertation, Cornell University, Ithaca, NY. (University Microfilms No. 65-3137).

For further information, consult the "Guide for Authors" on page 54 of the Winter 1984 issue. ●

Mourning Dress A Costume and Social History by *Lou Taylor*. London: George Allen and Unwin, 1983, 327 pages; $24.50.

The title of this book may have a limiting effect on reader appeal. However, the social and psychological significance of dress can be particularly revealing when viewed in the context of death; and despite the sombre nature of the subject, Lou Taylor succeeds in being both entertaining and illuminating.

Through the use of a large number of well-selected illustrations and examples, the development of European and North American mourning dress and etiquette are detailed for the reader. The book's main focus is on the elaborate nineteenth century rituals of proper mourning attire in Victorian England. In this selection, the clothing expectations of all social classes are explored rather than simply concentrating on the concerns of the monarchy. The commercial importance of mourning dress and accessories is also a major underlying theme that adds a certain uniqueness to this book.

Of particular interest to textile and clothing students and social historians are Appendix 1 and Appendix 2. The first deals with definitions of popular mourning fabrics — which include typical yardage purchases of the period and prices. Appendix 2 sets down, in table form, periods of mourning required of court and family members, giving comparisons of mourning regulations based on social position, gender, and age.

This book would prove to be a good resource for students and faculty interested in history of dress as well as the societal influences that shape it.

Reviewed by:
Barbara Lanz, MSc
Assistant Professor
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Inside Fashion Design (2nd ed.) by *Sharon Lee Tate*. New York: Harper and Row, 1983, 349 pages; $26.95.

This book is a comprehensive coverage of the fashion design process. It describes the functions of an apparel firm, the role of the designer in the firm, and the skills and knowledge which are required of a designer to derive a salable line. Much of the content is devoted to the mechanics of design such as the elements and principles of design and the design of various apparel items — dresses, coats, suits, sportswear, and pants. Furthermore, there are chapters on the design of sleeves and collars.

This book focusses only on the design of women's apparel. Frequently, the text is accompanied by illustrations which are very effective because the styles chosen for illustrations are contemporary. From a reader's point of view, the familiarity with contemporary styles will make design principles much easier to relate. The inclusion of a textile dictionary provides useful information to the reader.

The comprehensive nature of this book makes it a very good textbook for introductory courses in apparel design.

Reviewed by:
Lena Horne, MSc
Assistant Professor
University of Manitoba
Winnipeg, Manitoba

Fit to Eat: A Collection of Nutritious Recipes for Active People edited by *Ann Budge* for The Canadian Orienteering Federation. Erin, Ontario: Boston Mills Press, 1983, 188 pages; paperback (spiral bound) $10.00.

This cookbook was developed as a fund-raising tool for the Canadian Orienteering Federation. For those not familiar with orienteering, it is also known as "map-running," an exhilarating outdoor sport that combines the physical challenge of cross-country running with the mental challenge of map-reading.

From going through the recipes, one discovers that orienteers seem to prefer quick, easy to prepare, nourishing and flavorful, yet inexpensive foods. These attributes in recipes are great for the nutrition and budget-conscious individuals who love good nutritious dishes.

Many of the recipes contain whole grains, fresh fruits and vegetables, dried legumes, and minimum amounts of sugar and fat. This cookbook is suitable for the nutrition conscious and the physically active person.

Being a collection of recipes from orienteering enthusiasts from across Canada, it has a unique personality of its own, and contains some very humorous anecdotes. For those interested in some funny and challenging recipes, try the — New England anadama bread, rashimalai (a dessert), and gehoppeltes-gepoppeltes and, of course, don't forget to try the elephant stew on page 41. For those less adventurous, start with these wholesome recipes — apple cake, best beef pot roast, and summer vegetable salad. All of the recipes are in Imperial measure.

For those who want to experience something different, you can order a copy of *Fit to Eat* from The Canadian Orienteering Federation, 333 River Road, Vanier, ON, K1L 8B9.

Reviewed by:
Annie Woo, BAA (Food, Nutrition, Consumer and Family Studies)
Technical Services Co-ordinator
Burlington, Ontario

The Developing Person: A Life-Span Approach (2nd ed.) by *Helen L. Bee and Sandra K. Mitchell*. New York: Harper and Row, 1984, 653 pages; $26.95.

According to the authors, the book is designed for "the beginning undergraduate student of human development whether taking a course in psychology, education, home economics, family life, nursing, or some other department."

The book divides the study of the developing person into three parts: "The Developing Child," "The Developing Adolescent and Youth," and "The Developing Adult." Each part deals with topical areas of human development such as physical growth, cognition, and social development. Each chapter is organized to describe the basic facts and theories about one area of development — the ideas or experiments or theories that are especially clever or innovative or integrative are used.

The writing is in a personal and informal style, the way the authors would explain things if they were talking individually with a student. Personal anecdotes are included giving real life examples of the concepts that are described.

The authors use both data and theory to present an understanding of development — data to describe what happens as humans grow and change, and theory to integrate this information and lead to new ways of thinking about what is observed. Practical applications can be based either on data, or on theory, or on both.

Each chapter is arranged with pedagogical features of: chapter outlines, chapter summaries, key terms, projects, and boxes (a way of highlighting the practical applications of the research and theories described).

Three related publications are available: *Study Guide, Instructor's Manual,* and *Test Manual.*

The breadth and depth of the material provided in *The Developing Person* is a valuable contribution to the study of the whole person.

Reviewed by:
Sue Goerzen, BSc, MSc
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Department of Home Economics
University of Windsor
Windsor, Ontario

The 100% Natural, Purely Organic, Cholesterol-Free, Megavitamin, Low-Carbohydrate Nutrition Hoax

by *Elizabeth Whelan and Frederick J. Stare.* Toronto: McClelland and Stewart, 1983, 302 pages; hardcover $20.95.

Home economists are frequently asked about 'the truth' of controversial food topics. Profuse information, often contradictory, confuses both the professional and the general public. The book provides current answers backed by the facts as they are known to date. Whelan and Stare say it best in the introduction: "In . . . this book we will attempt to present and explain the scientific facts about some specific areas of nutrition and health. At the same time, we will examine some of the politics, economics, and emotion that have lent distortion to the current nutritional scene."

That's what they've done. They explore obesity and popular diets, misconceptions about sugar, and the vitamin explosion. They explain the fear psychology used in advertising the 'poisons' in our food or the relationship of diet to cancer. They explain the difference between the popular message regarding 'health' foods and what is scientific truth. Understandably, Stare and Whelan have attracted some law suits from businesses. Those are exposed as well. Throughout, they recommend the basic four food groups.

The authors suggest that there is a multi-billion dollar nutrition hoax in progress. This book is one attempt to provide the truth and help North Americans understand good food practices. It's interesting reading.

Reviewed by:
Gloria Wood
District Home Economist
Summerside, PEI

Nutrition and Families

by *Jean A.S. Ritchie* London and Basingstoke: Macmillan, 1983, 171 pages; paperback. Illustrated by Jill Last.

The author of this book is a Scottish dietitian who has spent the major part of her working life in international nutrition education working for the United Nations Economic Commission for Africa and the Food and Agricultural Association. During this work, she realized the importance of training native field workers to act as a support system. The book was written to provide a practical tool for training such persons. Ritchie found that it was a problem for workers to convert what had been learned in postsecondary education into simple advice for families. Each chapter of this book is written with a section of more complex technical information for the field worker and a less complex section of discussion topics and material to be used with families. University students planning messages for families might find it useful to study the different techniques used in the sections.

The content of the first five chapters is focussed on child development and growth, the part that nutrition can play in the growth of the child and health of the family, and feeding the family in such a way that malnutrition is overcome. The sixth chapter is designed to help persons to start nutrition and family life education programs in developing countries. This section includes the theories of communication, development, and the role of the change agent using simple explanations that make the text suitable for college or high school students involved in simple research projects and surveys.

The final chapter gives objectives and procedures for 21 learning experiences. The first seven relate to child development and program development. The next five concentrate on assessment of child growth, nutritional requirements, and food composition. Three lessons suggest how to meet nutritional requirements economically. The next four focus on the preparation of high protein and high calorie foods using indigenous food products, supplements for breast milk (although breast feeding is encouraged), and weaning foods. A few of the ingredients needed to prepare the foods are not available in Canada, but a number of the recipes could be prepared.

Teachers who wish to give practical and sensory experiences to classes studying global food problems would find the recipes and text useful. Descriptions of deficiency diseases are included for classes in nutrition. The child development sections might be useful for family life classes, especially the sections concerned with population planning. The research methods section would be useful for persons working with students who are developing summer projects.

Reviewed by:
Wanda Young, PhD
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University of Saskatchewan
Saskatoon, Saskatchewan

What's New

Change in Emphasis — Please Help

Beginning in the winter 1985 issue of the *Canadian Home Economics Journal*, the "What's New" and the "New Publications and Visuals" sections will undergo change.

Our recent readership survey identified these sections as a succinct overview and a valuable source of useful information. The new expanded format will combine the current content with new ideas and trends to enable the reader to remain abreast of topical issues on a cursory basis.

New Developments will be used as the main title and subsections will include new developments in: *products, programs, publications, visuals, trends,* and *ideas.* This format will broaden the scope for selection of content.

You, as a reader of the *CHEJ*, can assist in the establishment and building of **New Developments.** To ensure the inclusion of the widest possible range of material, please help us identify sources, both English and French, that you rely on for current information. We will compile your suggestions to form the aggregate source for New Developments.

Send your sources to: Dawn Wilkinson, Contributing Editor, *CHEJ*, c/o 60-One Snow Street, Winnipeg, MB, R3T 2M4.

L'accent change — avec votre aide

Dês le numéro d'hiver de 1985 de la *Revue Canadienne d'Economie Familiale*, les rubriques de "What's New" (Nouveauté) et de "New Publications and Visuals" (Nouveaux livres et images) subiront un changement.

Notre sondage récent des lecteurs a montré que ces rubriques offrent une présentation succincte et une riche source de renseignements utiles. Un nouveau format agrandi unira le contenu courant avec des idées et des tendances pour permettre au lecteur de rester au courant des questions d'actualité en faisant ce survol.

Cette rubrique sera nommée **Développements nouveaux** et ses diverses parties examineront les développements nouveaux dans: *les produits, les programmes, les publications, les images, les tendances,* et *les idées.* Ce format élargi permettra une plus grand variété dans la sélection du matériel.

Vous, lecteur de la *RCEF*, vous pouvez aider à l'établissement et à l'élaboration de **Développements nouveaux.** Pour assurer l'inclusion de la plus large gamme de matériaux possible, veuillez nous aider à identifier les sources, soit en anglais ou en français, auxquelles vous vous fiez pour vos renseignements courants. Nous compilerons vos suggestions pour former la source collective des ressources pour Développements nouveaux.

Envoyez vos contributions à: Dawn Wilkinson, Rédacteur contribuant, *RCEF*, a/s 60-One Snow Street, Winnipeg, MB, R3T 2M4.

Ergonomics

"Look in the dictionary to find out what it means, and you'll likely only find the root: ergon, a Greek word meaning work.

"Today, ergonomics refers to the study of how man and machine interact. More formally, ergonomics means applying knowledge derived from the human sciences to optimize performance and well-being in the workplace. . . . Thinking about how people work with machines isn't new. Typewriters, for example, use the 'qwerty' keyboard. The keys are arranged to slow typists down, because early mechanical models jammed when a more efficient arrangement was used.

"As the above example shows, all too often more attention is paid to how machines work than to the people operating them. In response, disciplines like occupational health and safety have long attempted to ensure safe working conditions.

"What makes ergonomics different is that it takes a holistic approach to people and machines in the workplace. Ergonomics studies man's physical capabilities and limitations (thus embracing subjects like psychology, anatomy, physiology, optometry, orthopedics); the impact on people of the physical (heat, light, noise, vibration); the psychosocial characteristics of the workplace (job design, work organization); and the design of machines . . . . Combine knowledge in all these areas, and it's easier to design workplaces that are both efficient and healthy, ergonomists say.

"Although ergonomics has been studied for several decades, it's still a little-known subject. Whatever public prominence ergonomics has comes from the controversy surrounding the possible negative effects of video display terminals.

"But ergonomics has a much broader range: load carrying manual materials handling, injury prevention, musculoskeletal stress, vibration, arm stress, shiftwork, rehabilitation, protective equipment, work in hot and cold environments and aging."

The Human Factors Association of Canada (HFAC) was founded in 1968 to study ergonomics. During the 1970s, its focus gradually shifted from defence-oriented work toward academic-based research. Ergonomics in Canada has passed from being a course offered at universities as a supplementary option, to a subject studied in its own right. Moving into the 1980s, many of the new members and officers of HFAC come from the universities.

Source: Excerpts from Salter, M. If you want a happy worker, get into ergonomics soon. *The Financial Post*, May 19, 1984.

Baby Food

The H.J. Heinz Company of Canada Ltd. is actively marketing 12 varieties of fruits and vegetables as "revolutionary new" and "100% natural, instant baby foods."

These products are being color coded according to food groups using light-weight, yellow plastic containers for fruits and green cannisters for vegetables. "Tamper-evident seals" have been used. A shelf-life of 12 to 18 months is projected for sealed packaging and 7 days once opened.

La conversion au système métrique

Les États-Unis se convertissent au système métrique, et l'industrie américaine est d'avis que le métrique est inévitable. Telles sont les conclusions d'une étude effectuée pour le compte de la Commission du système métrique Canada par RES Policy Research Inc. d'Ottawa, et J.F. Coates Inc. de Washington, et l'American National Metric Council (ANMC).

Ces études ont été présentées au Bureau des programmes métriques, du ministère du Commerce des États-Unis, qui a exprimé son accord sur l'analyse de la situation, les tendances et les questions dont traitent ces études.

Dans l'étude précitée, les répondants ont déclaré que des impératifs commerciaux d'ordre international font que la conversion s'introduit déjà dans le domaine manufacturier, particulièrement dans l'industrie lourde, l'agriculture, le matériel de construction et l'automobile.

D'après une étude récente des 500 compagnies mentionnées dans *Fortune*, étude effectuée par l'ANMC, environ 70% fabriquent des produits métriques, et 30% ont un programme de conversion. On prévoit une augmentation de l'emploi des unités métriques dans l'industrie, augmentation qui viendra par produit individuel. Les compagnies qui établissent leurs dessins en unités métriques ouvrent la voie à la conversion. Des 215 corporations et 100 associations commerciales américaines, environ 65% croient que le système métrique prédominera avant l'an 2000.

Lors d'une réunion tenue à Washington, en janvier 1984, les coordonnateurs de la conversion des deux pays, des grandes sociétés et du gouvernement ont examiné les constatations de l'étude et abordé le sujet des contraintes imposées par les États-Unis sur la conversion canadienne. Des 17 secteurs intéressés se trouvent les transports aérien et ferroviaire, l'emballage du poisson, des fruits et des légumes, le matériel de chauffage et de plomberie, la grosse et la petite quincaillerie, certaines machines, l'équipement des loisirs, le fil électrique, les aéronefs et leurs pièces, les unités radiologiques, les métaux de charpente, le bois et les papiers fins. On est tombé d'accord pour mettre conjointement au point des méthodes permettant de supprimer les entraves à la conversion.

Provenance: Un bulletin de la Commission du systèm métrique Canada.

Labor Force Demographics

Women are expected to continue increasing their share of both the labor force and all jobs in Canada during the 1980s.

The most impressive labor statistics of recession-torn 1982 were those showing that while full-time male workers declined by 386,000 that year, the number of female workers rose by 16,000. That sort of performance has helped to raise the female share of the labor force from 34% in 1970 to 42% last year.

Roughly 65% of all women aged 25 to 54 now are in the labor force. Elizabeth Ruddick, chief of macroeconomic analysis at Informetrica Ltd., Ottawa, is projecting that 85% will be working or looking for work by the year 2005. Ironically, however, even that high total implies that in the future, women will be going to work for the first time at a slower rate than in the past.

In 1970, 42% of all women aged 25 to 54 were in the labor force. From then to 1980, their numbers grew by 3.6% a year. Growth has since been 2.7% a year and growth will slow to 1% annually through 1990. By that time, 70% of all women aged 25 to 54 will be enrolled in the labor force.

Another concern economists have been wrestling with is the decline of male labor-force participation over the past few years. The rate at which men aged 25 to 54 have made themselves available for work has dropped steadily since the early 1960s. In 1961, the rate was 96.6%. Last year, it was 93.7%. In January, it dropped again, to 92.9%. "That decline — to 93% from 97% — may seem small, but it's quite significant," says Ruddick.

Source: Excerpts from Sinclair, C. The unemployment crisis. *Financial Times of Canada,* March 26, 1984, pp. 22, 25.

TV Advice

The Ontario educational television channel, with Royal Bank of Canada's financial help, provides a half-hour of advice and information on personal money management in its program, *Money$worth.*

Source: *Financial Post,* March 10, 1984, p. 32.

Market Growing for Canadian Buildings Materials

Britons have known for years that building houses is economical and viable — provided they do it the Canadian way! Canadian timber frame construction has been popular in Britain since the early 1960s when the industry and house-buying public were made aware of the advantages of the quickly constructed, energy-efficient Canadian home-building system.

The market for Canadian timber frame construction continues to grow, following the clarification of unsubstantiated claims carried in the popular press that such systems were inadequate. Last year, Britain's National House Building Council estimated that 23% of the housing starts were timber frame. This represents a total of more than 46,000 units. With confidence restored, the industry and the public expect timber frame residential construction to retain and expand its position in Britain — and to become increasingly important in the future housing industry.

They feel the market for Canadian construction grade lumber, plywood, and other building materials will increase.

Source: External Affairs Canada, *Canada Export,* 1984, 3 (5).

New Publications and Visuals

Children's Magazines

Are you looking for gift suggestions? If so, consider giving a subscription to a Canadian children's magazine which will be enjoyed all year long. Subscriptions to the five English and two French magazines annotated below range from $8.00 to $10.00.

This list was prepared by Bessie Condos Egan, Coordinator of Children's Services, Winnipeg Public Library.

English Magazines

- *Ahoy* (Ages: 8-12), 40 pp. Ahoy, 1656 Barrington Street, 3rd Floor, Halifax, NS, B3J 2A2 (6 issues $15.00). Includes information articles, puzzles, crafts, and contests in an attempt to involve the reader. Solicits contributions from children and lists pen pals.

- *Chickadee* (Ages: 3-9), 24 pp. The Young Naturalist Foundation, 59 Front Street East, Toronto, ON, M5E 1B3 (10 issues, $15.00). Highly pictorial publication which aims to interest children in their environment and the world around them. Also available in French (*Coulicou*).

- *Crackers* (Ages: 8-12), Crackers Magazines, 123 Newkirk Road, Richmond Hill, ON, L4C 3G5 (quarterly, $9.95). A new magazine which is written and designed to make the most of language arts. Each subscription includes a Christmas bonus book of gift and craft ideas and party ideas.

- *Jam* (Ages: 10-15), 40 pp. Jam Magazine, 56 The Esplanade, Suite 202, Toronto, ON, M5E 1A7 (6 issues, $7.95). A general interest magazine for adolescents which includes articles on fashion, computers, and health along with book reviews.

- *Owl* (Ages: 8-13), 32 pp. The Young Naturalist Foundation, 59 Front Street East, Toronto, ON, M5E 1B3 (10 issues, $15.00). A participation magazine which includes an animal centrefold in each issue, things to do and make, and much, much more. Also available in French (*Hibou*).

French Magazines

- *Coulicou* (Ages: 3-9), Les Editions Heritage Inc., 300, avenue Arran, Saint-Lambert, PQ, J4R 1K5 (10 issues, $15.00). French version of *Chickadee.*

- *Hibou* (Ages: 8-13), Les Editions Heritage Inc., 300, avenue Arran, Saint-Lambert, PQ, J4R 1K5 (10 issues, $15.00). French version of *Owl.*

Le vieillissement

L'Expression est un bulletin de nouvelles trimestriel publié par le Conseil national de documentation sur le vieillissement. La disposition est simple et nette, employant un format de trois colonnes pour la plupart des pages. On emploie l'imprimerie à deux couleurs avec des manchettes en caractères gras et une photographie à la première page. Le format unique présent des versions simultanées en anglais et en français au verso.

Le contenu est présenté sous les rubriques de la rédaction, les événements, la condition de la santé, les systèmes de livraison, et les faits divers sur la nutrition. Le numéro de printemps 1984 traite exclusivement du vieillissement de la population indigène au Canada.

Pour s'abonner il faut prendre contact avec le Conseil national de documentation sur le vieillissement, Salle 1264, Immeuble Jeanne Mance, Tunney's Pasture, Ottawa, ON, K1A 0K9.

Canadian Advisory Council on the Status of Women Publications

Reproductive Health Hazards at the Workplace is a new pamphlet published in English and French. It outlines the four major categories of reproductive hazards; identifies potential effects on fetuses, children, women and men; reviews some research; provides current statistics; points out some immediate needs; and offers recommendations.

Juggling a Family and a Job, a 30-page booklet, contains delightful artwork, valuable information, a suggested reading list, and a section summarizing maternity, paternity, and adoption leaves in federal and provincial jurisdictions for 1983.

The table of contents lists the following headings: What's the problem; Whose problem is it anyway; People say . . .; Sorry dear, but you just might get pregnant . . .; Sorry dear, but you are pregnant . . .; You have to leave now . . .; When there is possible danger . . .; Having a baby: The bureaucratic way; The money factor; How does Canada rate internationally on parental benefits; How can we improve the situations; and How much will this parental scheme cost.

Love, Marriage and Money — An Analysis of Financial Relations Between the Spouses is a 90-page booklet dealing with finances during marriage, divorce, and death. An extensive set of footnotes and a bibliography are included.

To order, write to the Canadian Council on the Status of Women, Box 1541, Station B, Ottawa, ON, K1P 5R5.

Cribs: Pamphlet and Film

Consumer and Corporate Affairs Canada have issued a new pamphlet entitled *Is It Worth The Risk?* along with strong public warnings against second-hand cribs that do not meet federal safety standards. Federal standards for cribs first came into effect in 1973 and have been revised over the years.

A 12-minute film called *An Instant of Time* has also been produced to remind parents of potential hazards involving cribs, playpens, high chairs, and other products for young children. The film can be obtained through the National Film Board.

Source: A *Canadian Press* dispatch from Ottawa.

Film on Children's Nutrition

The Society for Nutrition Education, in conjunction with Jamil D. Simon Productions, produced an 18-minute color film on *Food and Nutrition Needs of Toddlers and Preschool Age Children*. The film is designed to educate parents, teachers, health professionals, day care personnel, and others responsible for the nutritional care of young children.

The film takes an entertaining approach, drawing on examples and simple suggestions to inspire the development of sound food habits at an early age. Using a wide variety of role models from different ethnic and socio-economic backgrounds, the film focusses on the nutrient needs of toddlers and preschool age children, their developmental changes, the advantages of avoiding excessive sugar, and their natural attitudes toward food, including food "jags" and common likes and dislikes of certain flavors and textures.

Available in 16 mm and video cassette formats, the film is accompanied by a viewer reference manual and a leader's guide with objectives, a lesson plan, and follow-up discussion questions and activities.

Source: Dispatch from the Society for Nutrition Education, 1736 Franklin Street, Oakland, CA 94612.

Pasta

The Pasta Information Bureau has developed a free booklet called *The Pasta Lightstyle*. The booklet includes a collection of 12 recipes using pasta in a wide variety of ways. In each recipe, measurements are provided in metric and imperial and a calorie count per serving is also given.

To obtain copies: contact Burson-Marstella, The Pasta Information Bureau, 80 Bloor St. West, Suite 1500, Toronto, ON, M5S 2V1. Phone (416) 964-8300.

Film: War

WAR, the highly-acclaimed series of seven 1-hour National Film Board of Canada productions broadcast on network television last fall, is now available for classroom use.

Hosted by Canadian international affairs journalist and military historian, Gwynne Dyer, the films bring fresh perspectives to an old subject. Dyer ranges from Napoleon to Nagasaki and beyond, charting with passionate logic the major social, political, economic, and technological developments of the past two centuries.

The series is comprised of *The Road to Total War*, an account of the evolution of modern warfare from battlefield slaughter to global annihilation; *Anybody's Son Will Do*, an examination of the techniques used by all armies in preparing recruits to kill and be killed; *The Profession of Arms*, an analysis of the mentalities and organization of career officers; *The Deadly Game of Nations*, a case study in conflict with the Middle East as example; *Keeping the Old Game Alive*, a study of NATO war games and the questionable premise of a winnable conventional war in Europe; *Notes on Nuclear War*, an attempt to unravel such doctrines as "nuclear deterrence," "limited nuclear war," and "mutual assured destruction"; and *Goodbye War*, a review of "just causes" through the ages, with the conclusion that mankind's survival depends on finding means other than armed might to resolve conflict.

The *WAR* series is available for sale as a set or by individual title in both video cassette and 16 mm formats. Film prints may also be borrowed from National Film Board libraries.

Source: Dispatch from the National Film Board, Box 6100, Montreal, PQ, H3C 3H5, April 2, 1984. Phone (514) 333-3424.

Job Idea Book

Employment and Immigration Canada have published a free 18-page color booklet in simultaneous English and French entitled: *Job Idea Book for Women*.

Large print is laid out in a two column format and colored photographs are used liberally. Content covers such topics as: the labor market situation, counselling and employment services, training, working experience, and educational assistance and special programs for women, native, and handicapped people.

The Professor's Chronicle

A quarterly, 15-page, simultaneous English and French newspaper dealing with system requirements for the Apple computers is being printed in the United States and circulated through a Canadian distributor. Its contents may be very useful to owners and educators.

To subscribe, contact Computere, C.P. 782, St. Laurent, PQ, H4L 4W2. Phone (514) 747-9130.

Occupational Safety and Health Sourcebook

The Canada Safety Council has recently published the 8th edition of the *Information Sourcebook — Occupational Safety & Health*. This publication is a directory of associations, councils, centres, institutes, government departments, agencies, labor organizations, etc., which have occupational safety and health as their raison d'être in whole or in part, listed by industrial sector and by field of activity, for easy reference. Also included is a section listing occupational safety and health consultants in Canada.

To order, send $5.00 to the Canada Safety Council, 1765 St. Laurent Blvd., Ottawa, ON, K1G 3V4. Phone (613) 521-6881.

Mastering the Brave New World

sessions now available on cassette

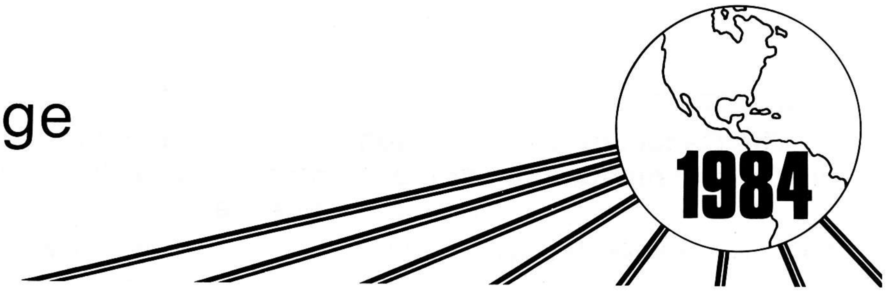
Code	Presentation
CHEA 1	Eleanor Seabrook. *Job sharing.*
CHEA 2	Pat Crocker & Jane Langdon. *Self-employment.*
CHEA 3	Lee Farnworth. *Professional re-entry and moving into management.*
CHEA 4	Ratna Ray. *Socio-psychological and health aspects of high technology.*
CHEA 5	Carolyn Bird. *Your life in the 21st century.*

Price: $9.00 per cassette plus handling charge ($1.25 for up to 5 cassettes and $0.25 for each additional cassette). Visa and Mastercharge accepted.

Order from: TELAV INC., 90 Montée de Liesse.
Montréal, PQ, H4T 1N4.

Mastering Change

CHEA Conference '84



A parade of flags and the booming voice of the town crier signaled the opening of *Mastering the Brave New World.* To the Ottawa-based Conference Committee, co-chaired by Pat Johnson and Gisèle Aucoin, we give hearty congratulations for a stimulating conference that highlighted the power of home economists to influence the direction of change for the benefit of individuals and families.

The conference presented an opportunity for personal development related to career and family responsibilities. It broadened our knowledge of the fast-paced changes affecting workstyles and lifestyles. And it challenged us to be the power brokers, effecting positive changes that will make this *Brave New World* a better, more humane place.

For the 375 participants, the conference was many things — a reunion with friends and colleagues from across the country, professional rejuvenation, interesting exhibits, and an update on the current issues impacting on our multi-faceted profession. It also included: the thrilling performance by the Governor General's Foot Guard Band; the honoring of Phyllis Meiklejohn and our other award winners; the delights of Ottawa's ethnic restaurants in the *capital dining* adventure; and the pleasant strolls by the Rideau Canal and through the historic Byward Market.

But, more than anything else, this conference gave each of us a heightened awareness that we can help determine the future for our profession and for society in general. In the plenary sessions:

- *Lucie Pépin* pointed to the commonality of issues facing women who work inside and outside the home and urged us to strive for progress in such areas as job retraining, quality day care, and pension reform;
- *Huguette Labelle* stressed that, on an individual and a collective basis, home economists are capable of much greater influence than we have wielded to date;
- *Caroline Bird* described a new world that would bring more flexible working arrangements with greater emphasis on human relations. She forecast a greater respect for the role of parenting. In short, she painted a scenario of a more humane, comfortable world; and
- *Shelagh Wilkinson* inspired us to action, citing the great, largely untapped power of home economists. She reminded us that we are at the fulcrum of all the changes affecting the family and urged us to use our power as change-makers to help tip the balance in a positive direction.

The Friday morning seminars focussed on work-related issues of particular interest to women. For many, it was a consciousness-raising experience. We learned — how to juggle career and family responsibilities; that women tend to be more successful than men in launching their own businesses; the sociological consequences of high tech; the importance of self-confidence and a good strategy when re-entering the workforce; pointers on initiating a job-sharing arrangement; and networking skills.

The concurrent workshops stimulated discussion on specialized subject matter concerns as diverse as the pornographic elements of advertising and the connection between diet and behavior. The wide variety of papers presented in the research sessions illustrated the breadth of expertise within our profession.

Participation was high and enthused at the annual meeting where we dealt with critical issues to our association — a definition of home economics, a policy statement on education, a long-range strategic plan, a deficit budget, and an increase in membership fees.

"Education in transition, crisis or opportunity," the Issues Forum, provided a spirited conclusion to the conference. Outstanding home economics educators treated us to a lively debate as they explored key issues affecting home economics/family studies programs. In her summary, CHEA executive director, *Diana Smith* emphasized that we can be central to education strategies that will make change work for us and for our profession.

The closing plenary session afforded an opportunity to hear from our new president, *Elizabeth Dowdeswell,* who affirmed the association's commitment to fostering new goals, to encouraging creative independent thinking, and to building a supportive environment. She emphasized our need to draw up a new agenda for the '80s to become more assertive individually and to become more focussed as a profession.

What a high! We departed with a renewed pride in our profession, with a determination to be change-makers, and with plans to meet in Vancouver in '85. ●

Keynote speaker, **Caroline Bird,** predicts a better, more humane world in the 21st century.

Pour les 375 participants, ce congrès a été mémorable à plus d'un titre. Occasion de développement personnel au niveau professionnel et familial, il a aussi permis de mieux cerner les transformations rapides qui influent sur les façons de travailler et les modes de vie, et a incité les membres à jouer un rôle de premier plan en effectuant des changements positifs qui feront du "meilleur des mondes" un endroit où la vie est plus humaine.

Mais avant tout, ce congrès nous a poussées à nous dépasser, individuellement et collectivement. Nous avons toutes mieux compris que nous pouvons largement influer sur l'avenir de notre profession et de la société en général. ●

The Canadian Home Economics Association announces the following awards available to outstanding home economics students, for the 1985-1986 academic year. Applicants must be members of CHEA.

The Mary A. Clarke Memorial Scholarship
$3,000

This scholarship was established as a tribute to Mary Clarke, a valued member of the Canadian Home Economics Association, and President from 1952-1954.

For a graduate in Home Economics who is a Canadian citizen or a landed immigrant and who is undertaking graduate study proceeding to a higher degree. The award will be based on scholarship, personal qualities, past and/or potential contributions to the profession of Home Economics, and financial considerations.

Canadian Home Economics Association
Scholarship Fund Award

The Silver Jubilee Scholarship
$3,000

The Silver Jubilee Scholarship was established to commemorate the twenty-fifth anniversary of the founding of the Canadian Home Economics Association.

For a graduate in Home Economics who is a Canadian citizen or a landed immigrant and who is undertaking graduate study proceeding to a higher academic degree. The award will be based on scholarship, personal qualities, past and/or potential contributions to the profession of home economics, and financial considerations.

Canadian Home Economics Association
Scholarship Fund Award

Carnation Company Incentive Award
$750

For a graduate in Home Economics, who is a Canadian citizen or a landed immigrant and is undertaking graduate study proceeding to a higher degree. Special consideration will be given to a student undertaking post graduate study in foods. The award will be made on the basis of academic achievement, personal qualities, financial need and an intended career in the food industry.

Presented by the Carnation Company Limited

The Ruth Binnie Scholarship
2 awards — $3,000

each for full-time graduate study,
proportionate sums for part-time study.

This scholarship was established through the generosity of the late Ruth Binnie, Halifax, to promote the quality of Home Economics education in Canada.

For a graduate in Home Economics or Home Economics Education, holder of a professional teaching certificate, who is a Canadian citizen or a landed immigrant. First consideration will be given to applicants proceeding towards a Masters in Education on a full-time basis. Second consideration will go to part-time students and scholarship monies will be prorated. Third consideration will go to PhD applicants planning to return to University teaching in Home Economics Education. The candidate must have a high commitment to the teaching profession, and Home Economics education. The award will be based on scholarship, personal qualities, contributions toward Home Economics education in junior or senior high school and potential in the education field.

Canadian Home Economics Association
Ruth Binnie Scholarship Fund Award

The Robin Hood Multifoods Limited Award
$1,000

For a graduate in Home Economics who is a Canadian citizen or a landed immigrant and is undertaking graduate study leading to an advanced degree. The award will be based on academic achievement, personal qualities, past and/or potential contribution to the Home Economics profession. Preference will be given to the person planning a career in business, in the consumer service (foods) field or food service management.

Presented by Robin Hood Multifoods Limited

Application forms available from:

Chairman, Awards Selection Committee
Canadian Home Economics Association
151 Slater Street, Suite 805
Ottawa, Ontario
K1P 5H3

To be eligible, completed applications must be postmarked no later than January 15, 1985 with the exception of Ruth Binnie Awards. Applications are invited by May 15, 1985, or October 15, 1985. Previous CHEA Scholarship winners are eligible to apply for 1985 awards provided they continue to be enrolled in graduate study.

Awards 1985

The Canadian
Home Economics Association

1984 CHEA Award Winners

Mary A. Clark Memorial Scholarship

Donna MacDonald is currently enrolled in the Master's Program in Community Nutrition at the University of Toronto. Prior to this, she was co-ordinator of the Nutrition Information Service at Ryerson Polytechnical Institute. Donna holds a BAA (Foods and Human Nutrition) and a certificate in Contemporary Economic Issues from Ryerson Polytechnical Institute. Donna has a sound understanding of nutrition policies and issues as well as extensive knowledge in current nutrition education theory and practice. She intends to be part of the development of a strong professional position on nutrition education policies and programs and intends to use her graduate training to prepare for a career in public health and community nutrition.

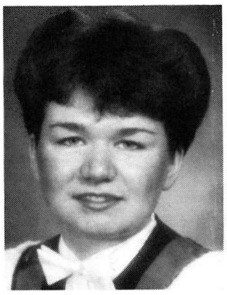
Silver Jubilee Scholarship

Nancy C. Copeland is currently completing an MSc in Family Studies at the University of Manitoba. She intends to begin a PhD program there this fall. Nancy has a BHEcol from the University of Manitoba and was the 1983 winner of the Silver Jubilee Scholarship Award. In pursuing a doctoral degree, Nancy's goal is to teach and conduct research at the university level in the field of family studies. Her particular interest is in the area of the family and resettlement of refugee families in Canada. Her research will examine the way in which differential rates of adaptation by parents and children of refugee families affect the established pattern of power and dynamics within the family system.

Ruth Binnie Scholarship (Part-Time Study)

Linda Eyre is pursuing a Master's Degree in Home Economics Education at Mount Saint Vincent University in Halifax on a part-time basis. She is a graduate of North County's College of Education in England and Mount Saint Vincent University. She is currently department head and home economics teacher for the King's County District School Board, Wolfville, Nova Scotia. She continues to be interested in home economics education and has a life-long commitment to teaching and to developing the strength of young home economics teachers.

Robin Hood Multifoods Limited Award



Carla Taylor will be pursuing an MSc degree at the University of Guelph. Her particular interest is in nutrient metabolism, nutrient inter-relationships, and energy balance as they relate to specific age groups and conditions. She holds a BHEcol from the University of Manitoba and has worked as a research assistant at the University of Manitoba and with Manitoba Agriculture. She hopes to use her graduate training to combine goals in nutrition education and contribution to research and is particularly interested in food and nutrition policy.

Carnation Incentive Award

Carolyn Beesley is entering the Master's Program in Health Science at the University of Toronto to do research into the digestibility of starches affected by micro and anti-nutrients in legumes. Her specific research will be a study of lectins which are one of the anti-nutrients found abundantly in legumes. Carolyn is a graduate of Mount Saint Vincent University and is a registered professional dietitian. She has worked as a community nutritionist and as a dietitian. She hopes that her graduate work will expand her opportunities as well as provide for significant contribution to research in her chosen area of study.

CHEA Honor Award 1984

Phyllis Meiklejohn

The CHEA Honor Award is presented by the Association to a member in recognition of outstanding leadership and service to the Association and/or profession.

It would not be surprising if historians look upon 1984 as CHEA's year of education for this year a policy paper, issues forum, and much debate focussed on both the problems and potential of home economics in the school system. So it is most appropriate that CHEA's 1984 Honor Award winner is **Phyllis Meiklejohn**, an outstanding professional who has contributed conscientiously and creatively to home economics education.

Phyllis graduated from the University of Manitoba with a Bachelor of Science degree in Home Economics and completed a Master of Science degree at Arizona State. Following this, she was awarded General Foods Fund Fellowship and spent a year working toward a doctorate at Oregon State University.

She taught in a number of capacities. She contributes to several professional associations, gives workshops to teachers' associations, works as an editorial advisor, and is on the board of directors of the March of Dimes.

The challenge to make teaching exciting and creative has been a cherished legacy to her students at the Faculty of Education at the University of Toronto. The enrichment in her subject area — management — has been a joy to the home economics teachers across the country who have delighted in her workshops (and chuckled at her infamous cartoons). Classrooms in Canada have benefited from her work in writing and editing textbooks. Teachers have been inspired and cajoled by her book reviews. And CHEA members have profited from her wise counsel as advisor to the *CHE Journal*.

The Ontario Family Studies and Home Economics Association honored Phyllis with an award in her name which recognizes outstanding teaching.

CHEA is delighted to recognize her creative professional style and her immense capacity to influence teachers both to give and to grow in the classroom. We are happy to present Phyllis with our most cherished honor. ●

July 7, 1984

Doctor of Science, *honoris causa*

The degree of Doctor of Science, *honoris causa* was conferred on **Margaret Scott McCready** (BA, Toronto; PhD, Aberdeen) at the spring convocation of McGill University in recognition of Dr McCready's lifelong energetic support to the goals of home economics through a distinguished career in university teaching and administration.

She was appointed director of the School of Household Science (now School of Food Science) of Macdonald College in 1939. During her 10-year administration, both the home economics education and the dietetics majors were strengthened.

In 1949 she was appointed Principal of Macdonald Institute (now the College of Family and Consumer Studies, University of Guelph). Under her leadership, their home economics program was expanded to a four-year degree program and when she retired in 1969, the program had the largest home economics undergraduate enrolment of any Canadian university. During her tenure at Guelph, she initiated a program of education and development in home economics with the University of Ghana and upon retirement from Macdonald Institute accepted a two-year administration post to develop home science at that University. In recognition of her achievements, she was made a Fellow of the University of Guelph in 1972.

Margaret McCready extended her leadership role to professional associations and service organizations at provincial, national, and international levels. Among these was a term as president of CHEA and participation in the Vanier Institute of the Family and the Women's Institutes. In 1981, upon nomination by CHEA, she was made a Member of the Order of Canada.

Margaret S. McCready

In retirement she has continued her service to mankind through work on the Ontario Advisory Council on Senior Citizens and the Committee on Living and Learning in Retirement at Glendon College of York University.

Throughout her life she has accepted the challenge to provide leadership to educational institutions, professional associations, and service organizations with empathy, enthusiasm, and an extraordinary vitality.

Congratulations, Dr McCready, on this new honor! ●

June 1, 1984

Research Section

Famille, droit et changement social

au Nouveau-Brunswick, au Québec et en Ontario

Donald Poirier

Résumé

L'auteur part de l'hypothèse que la loi est un reflet des valeurs transmises par la société et que l'étude du droit de la famille est un moyen de reconnaître les valeurs des sociétés néobrunswickoise, québécoise et ontarienne. L'étude des changements législatifs des récentes années en droit de la famille permet de constater l'importance équivalente des facteurs économiques dans ce domaine à l'égard de ces trois sociétés. Toutefois, bien que les valeurs patriarcales ont presque disparu du droit québécois, elles conservent quelques vestiges en Ontario, et sont encore bien vivantes au Nouveau-Brunswick.

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Abstract

The author's starting point is that the law gives an indication of the values carried by a society and that the study of family law is a means to identify the values carried by New Brunswickers, Quebecers and Ontarians. The study of legislative changes in the recent years in the field of family law shows that economic factors and values are similarly important in the family law of the three provinces. It also shows that patriarchal values have almost disappeared from Quebec family law, are disappearing from Ontario family law, but are still alive and well in New Brunswick family law.

Le thème de la famille en crise ou en mutation est déjà usé. Cependant, ce n'est qu'en 1980 que l'Eglise catholique a cru bon, lors du synode des évêques tenu à Rome, de se pencher sur ce problème. Du point de vue juridique, c'est au cours des années 70 que la Commission de réforme du droit du Canada (1978) et les commissions de réforme du droit de l'Ontario (Ontario Law Reform Commission, 1969), du Québec (Office de révision du Code civil, 1978) et du Nouveau-Brunswick (Division de la réforme du droit du Nouveau-Brunswick, 1978) ont revu en détail les dispositions législatives concernant la famille afin de rendre le droit plus conforme à la réalité sociale.

Jusqu'à la fin des années 70, notre droit de la famille datait du Code civil (1866) au Québec ou du droit anglais de l'ère victorienne pour les provinces de common law. Ce droit, du dixneuvième siècle, correspondait à une société traditionnelle (Glendon, 1981, p. 11-17).

Glendon (1978, chap. 1; 1981, pp. 101-102) et Meulders-Klein (1978, p. 688) soutiennent que la famille traditionnelle est organisée à partir d'une conception unitaire de la famille. La famille est centrée sur le mariage de type patriarcal. L'époux est le gagne-pain et a autorité sur l'épouse et sur les enfants. La légitimité de la famille est prédominante. La famille traditionnelle attache beaucoup d'importance aux biens parentaux et se consacre d'abord à la perpétuation de la lignée et à la survie de ses membres. L'institution du mariage constitue le moyen principal de survivance de ses membres et ne peut donc être dissoute que pour un motif sérieux.

Par opposition à la famille traditionnelle, la famille moderne, nous disent Glendon (1981, p. 17 ss) Meulders-Klein (1978, p. 689) est composée de cellules élémentaires réduites et fondées sur un mariage séculier librement consenti, de plus en plus orienté vers l'épanouissement individuel et la croissance indépendante des époux dans l'égalité et la confusion des rôles. On y voit l'individu l'emporter sur le groupe, la liberté sur la soumission, la légalité sur la hiérarchie et la division des rôles, tandis que s'affaiblissent les liens de parenté et de solidarité.

Méthodologie et hypothèses

Un des moyens de saisir les changements sociaux opérés dans une société consiste à étudier son système juridique. Coleman (1974, p. 13), Carbonnier (1978), et Glendon (1981, p. 1 ss) estiment qu'un indice du changement se retrouve dans la loi, l'organisation sociale étant le domaine privilégié sur lequel le droit prétend agir.

Si le droit reflète la société dans laquelle il s'inscrit, nous posons l'hypothèse que le droit touchant la famille présente un indice pour reconnaître les valeurs de ces sociétés. Le Canada est un vaste pays composé de divers groupes ethniques qui ne partagent pas nécessairement les mêmes valeurs d'un bout à l'autre du pays. Ainsi, les Canadiens de langue française ne partagent probablement pas tous les mêmes valeurs relativement à la famille.

La recherche que nous avons entreprise vise à comparer le droit provincial de l'Ontario, du Nouveau-Brunswick et du Québec afin de vérifier si le droit de chacune de ces provinces reflète les caractéristiques d'une conception

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moderne ou d'une conception traditionnelle de la famille. Nous avons choisi ces trois provinces parce qu'elles contiennent la majorité des Canadiens parlant le français. Nous nous sommes limités au droit privé régissant la famille; nous n'avons pas traité du divorce puisque ce domaine est de compétence fédérale et traduit plus un consensus au niveau canadien qu'un indice des valeurs transmises par les sociétés ontarienne, néo-brunswickoise et québécoise. Nous nous limiterons donc à l'étude de l'institution du mariage et de ses conséquences juridiques.

Définition du mariage

Les réformes du droit familial en Ontario (Ontario Law Reform Commission, 1978), au Nouveau-Brunswick (*Loi sur les biens matrimoniaux*, 1980) et au Québec (Pineau, 1982) n'ont pas touché la définition du mariage. Le mariage demeure en principe une institution qui crée des obligations et des droits mutuels, mais qui confère un statut, celui d'époux et d'épouse. Le mariage, selon la définition donnée dans *Hyde* v. *Hyde & Woodmansee* (1866), continue d'être "l'union volontaire d'un homme et d'une femme pour la vie à l'exclusion de tous les autres." Cette définition ne tient évidemment pas compte du fait que trente-six pour cent des mariages se soldent par un divorce (Statistiques Canada, 1983, p. 110) et que le Ministère de la Justice du Canada (1984) a présenté un projet de loi dont "l'effet n'est pas de réduire l'importance de la famille et du mariage, mais qui vise seulement à reconnaître la nécessité de dissoudre de la manière la plus réaliste, la plus équitable et la moins douloureuse le mariage dont l'échec est irrémédiable."

Sur le plan de la forme, les trois provinces étudiées exigent encore un minimum pour que le mariage soit valide. Une licence de mariage doit être délivrée ou les bans doivent être publiés et le mariage doit être célébré devant un ministre du culte ou un greffier de la cour supérieure (McLeod, 1983, p. 2; Pineau, 1982, p. 44).

Les exigences visant les éléments essentiels à la validité du mariage demeurent les mêmes qu'au début de la confédération canadienne. Ces aspects relèvent de la compétence fédérale mais le législateur fédéral n'a pas modifié le droit pré-confédératif sur ce point (McLeod, 1983, p. 4). De plus, comme le voulait le droit ecclésiastique, la monogamie hétérosexuelle est encore exigée aujourd'hui pour qu'un mariage soit valide (*Corbett* v. *Corbett*, 1970). Tel qu'établit par le droit ecclésiastique, le mariage peut encore être annulé par un tribunal civil au motif qu'il n'était pas volontairement contracté par les deux parties faute de capacité de consentir, pour erreur ou pour violence faite à l'une des parties (McLeod, 1983, p. 5 ss; Pineau, 1982, p. 28 ss). Tout comme le prescrivait le droit ecclésiastique, le mariage sera susceptible d'être annulé encore aujourd'hui, si l'une des parties est déjà mariée ou est jugée être d'un degré de cosanguinité trop rapproché. Enfin, l'incapacité de consommer le mariage pourra conduire à son annulement puisque la fonction première du mariage est encore la procréation comme c'était le cas du mariage traditionnel. (McLeod, 1983, p. 11; Pineau, 1982, p.68; Veitch, 1976).

Vu sous l'aspect des éléments essentiels de sa validité et de l'obligation de certaines formalités, le mariage moderne conserve tous les attributs du mariage traditionnel tel qu'on le connaissait à l'époque du Code civil de Napoléon et de l'ère victorienne (Glendon, 1981, p. 12 ss).

Fondements du mariage et ses conséquences sur les droits personnels des conjoints

Le mariage traditionnel est fondé sur le principe de l'unité du couple. Le précepte judéo-chrétien selon lequel le mariage fait du mari et de la femme une seule et même chair s'est traduit en droit par la création d'une nouvelle entité, le couple marié. L'existence juridique d'un des conjoints, de la femme en l'occurence, était absorbée par celle du mari (Gray, 1979, p. 43; Hahlo, 1973; McCaughan, 1977, p. 3; Williams, 1947). Le fondement même du mariage traditionnel impliquait l'inégalité des parties.

Le Nouveau-Brunswick n'a rien changé à l'inégalité des parties comme fondement du mariage et de la vie familiale. Au contraire, les provinces de Québec et d'Ontario ont toutes deux spécifiquement aboli cette inégalité et proclamé l'égalité des époux. La *Loi [ontarienne] portant réforme au droit de la famille* (1978, paragr. 65(1)) met fin à l'unité juridique entre mari et femme en prévoyant qu'un "homme marié a une personnalité juridique qui est indépendante, séparée et distincte de celle de sa femme, et une femme mariée a une personnalité juridique qui est indépendante, séparée et distincte de celle de son mari." Le professeur Brière (1982, p. 9) affirme que le souci de réaliser l'égalité complète entre les époux a amené le législateur québécois à formuler autrement leurs obligations et leurs droits.

L'unité juridique du mari et de la femme donne au mari le droit de poursuivre toute personne qui porte atteinte à l'unité familiale soit de façon intentionnelle, en séduisant ou détournant l'épouse ou les enfants du milieu familial, soit de façon non intentionnelle, en causant la perte de l'épouse lors d'un accident, par exemple (Baudoin, 1973, p. 126; Fleming, 1982, p. 614). Ce droit d'action était réservé au mari puisqu'il se fondait sur une espèce de droit de propriété du mari sur sa femme (*Best* v. *Samuel Fox & Co. Ltd.*, 1952; Ontario Law Reform Commission, 1969, p. 97).

La législation du Nouveau-Brunswick n'a pas modifié la common law sous ce rapport et conserve ces vétustés. La *Loi [ontarienne] portant réforme au droit de la famille* (1978, art. 69) a aboli le recours en responsabilité délictuelle dans le cas de l'intrusion intentionnelle d'un tiers au mariage, mais a étendu aux deux conjoints le droit de poursuite en dommages-intérêts découlant de la négligence d'un tiers (art. 60).

Une autre conséquence du principe de l'unité juridique entre mari et femme concerne l'incapacité de ces derniers de se poursuivre l'un l'autre en justice en responsabilité délictuelle, de sorte qu'un conjoint ne peut poursuivre l'autre pour des blessures causées par des voies de fait ou par un accident dont l'autre conjoint est l'auteur (Fleming, 1982, p. 640; Mendes da Costa, 1968). L'immunité était maintenue de crainte que les poursuites entre conjoints ne nuisent au mariage et aux relations familiales. La province du Nouveau-Brunswick n'a rien changé à l'état de la common law. La *Loi [ontarienne] portant réforme au droit de la famille* (1978, art. 65) pour sa part a aboli l'immunité conjugale et prévoit que les conjoints peuvent se poursuivre l'un l'autre en responsabilité délictuelle. Le législateur québécois a levé en 1964 cette incapacité de la femme mariée dans ce qui a été appelé le bill 16 (Guy, 1970, p. 204 ss).

La doctrine de l'unité juridique entre conjoints avait aussi comme conséquence de faire perdre à l'épouse son domicile propre, de sorte qu'il était impossible à une femme mariée d'avoir un domicile autre que celui de son mari (*Lord Advocate* v. *Jaffrey*, 1921). Le concept du domicile est important dans la mesure où la compétence des cours de justice dans le domaine matrimonial est déterminé par le domicile des parties. En common law, un tribunal ne pouvait entendre une cause que si la partie demanderesse était domiciliée dans son ressort. Afin d'éviter que l'époux ne déjoue les intentions de son épouse, la *Loi concernant le divorce* (1970, art. 6) prévoit que "le domicile d'une femme mariée doit être déterminé comme si elle n'était pas mariée."

La *Loi sur les biens matrimoniaux* (1980) du Nouveau-Brunswick ne porte pas atteinte à cette conséquence de la doctrine de l'unité juridique entre mari et épouse, de sorte que les règles de common law sur le domicile continueront de s'appliquer. La *Loi [ontarienne] portant réforme au droit de la famille* (1978, alinéa 65(3)c)) au contraire élimine cette conséquence du principe de l'unité juridique entre conjoints; dorénavant, les mêmes règles détermineront le domicile d'un homme ou d'une femme mariés. Le professeur Groffier Atala (1981, p. 231) écrit que la nouvelle loi québécoise abolit également le domicile légal de la femme mariée de sorte qu'une femme, après son mariage, peut conserver son domicile ou subséquemment en établir un nouveau, indépendant de celui de son mari.

Le mariage a encore des conséquences sur le nom de l'épouse et sur celui de ses enfants. Bien qu'aucune loi n'oblige la femme à changer de nom lorsqu'elle se marie, la coutume veut que, le mari et la femme ne faisant plus qu'une seule et même chair, ils portent le même nom, celui de l'homme (Groffier Atala, 1981, p. 230; McCaughan, 1977, p. 43).

La femme mariée qui a décidé de prendre le nom de son mari peut difficilement retrouver son nom de jeune fille. La *Loi sur le changement de nom* (1973, paragr. 2(1)) du Nouveau-Brunswick énonce qu'une femme mariée ne peut reprendre son nom de jeune fille qu'à l'annulation ou la dissolution de son mariage, que nul ne doit changer son nom, sauf dans le cas où une femme se marie et prend le nom de son mari, ou à la dissolution de son mariage, ou encore suivant une demande fait en application de la *Loi sur le changement de nom* (1973, paragr. 2(1)).

Le fait pour la femme mariée de prendre le nom de son mari est perçu comme une contrainte à la personnalité de la femme, à son autonomie et à son développement de personne libre et mûre. Le législateur québécois à voulu redonner à la femme mariée son nom, c'est pourquoi le nouvel article 442 du Code civil déclare que "chacun des époux conserve, en mariage, son nom et prénom, il exerce ses droits civils sous ce nom et prénom" (Groffier Atala, 1981, p. 230). Les législateurs du Nouveau-Brunswick et de l'Ontario ont préféré garder intègre la common law sur le sujet. La common law n'est pas claire, certaines décisions laissant entendre qu'une femme mariée ne peut changer de nom une fois qu'elle a adopté le nom de son mari (*Re Kaptein*, 1976), d'autres décisions laissant au contraire entendre que la femme mariée pourrait reprendre son nom de jeune fille sans avoir recours à la *Loi sur le changement de nom* (*Re Czudyjowyez*, 1980; *Re Dillon*, 1976).

Au Nouveau-Brunswick et en Ontario, la femme mariée ne peut donner son nom de jeune fille aux enfants; "le bulletin d'enregistrement d'un enfant né d'une femme mariée doit indiquer le nom du mari comme étant celui de l'enfant" (*Loi sur les statistiques de l'état civil*, 1973, paragr. 8(1)). Le libre choix d'un nom par les époux au mariage sera l'occasion d'une égalité réelle, qui permettra de faire disparaître les conséquences de l'unité juridique des conjoints à ce sujet. La commission de réforme du droit de l'Ontario (Ontario Law Reform Commission, 1976) a proposé que tout homme et toute femme puisse choisir et adopter un nom au mariage. De plus, après le mariage, l'un des conjoints pourrait reprendre son nom d'avant le mariage sans avoir à en faire une demande formelle. Enfin, les enfants pourraient être inscrits sous le nom du père ou de la mère ou selon une combinaison des deux.

Les propositions de la commission de réforme du droit de l'Ontario n'ont pas été suivies. Le Québec pour sa part à modifié son droit relatif au nom des enfants. Le professeur Knoppers (1984) écrit que le déclin de la conception patriarcale de la famille s'est peut-être fait sentir davantage dans le fait que tous les enfants québécois sont dorénavant légitimes et qu'à sa naissance, l'enfant reçoit le nom d'un des parents ou le nom des deux joint par un trait d'union.

En matière de partage des biens matrimoniaux, le droit traditionnel n'était pas enclin à protéger les droits de propriété des femmes mariées pour la simple raison que le mariage judéo-chrétien faisait du mari et de la femme une seule et même chair. Dans cette nouvelle entité juridique que constitue le couple marié, l'homme devenait le personnage important, alors que l'existence juridique de la femme mariée était absorbée par celle du mari et qu'elle devenait incapable d'exercer ses droits de propriété (Gray, 1979, p. 43; Hahlo, 1973; McCaughan, 1977, chap. 1).

Depuis 1981, toutes les provinces ont adopté de nouvelles lois ayant trait à la répartition des biens matrimoniaux (Caparos, 1982; Connell-Thouez, 1984, pp. 27-53; McLeod, 1978, chap. 3; Pineau, 1982, pp. 106-119; Poirier, 1983). Ces nouvelles dispositions législatives visent à reconnaître la contribution des époux aux soins des enfants, à la gestion domestique, à l'apport financier et aux responsabilités familiales. Elles font du mariage, entre autres, une société économique dans laquelle les deux partenaires ont une part égale. De ce point de vue, toutes les provinces canadiennes ont reconnu le bien-fondé des revendications des femmes sur l'égalité économique des conjoints.

Conclusion

De la très brève étude dont nous venons de livrer les résultats, nous pouvons dégager les conclusions suivantes. L'aspect économique du mariage a été reconnu par toutes les provinces. Les législateurs provinciaux ont tous reconnu que la mariage constitue, notamment, une société économique dans laquelle les partenaires ont une part égale aux biens accumulés pendant le mariage.

Ce progrès notable dans la question du partage des biens laisse toutefois intact le fondement même du mariage. A ce jour, aucun législateur n'a osé remettre en question la nature et la définition du mariage bien que chacun en ait modifié considérablement les conséquences juridiques. C'est un peu comme si on voulait se défaire des conséquences injustes sans s'attaquer à la source même des injustices.

Comparée aux provinces d'Ontario et du Québec, la province du Nouveau-Brunswick est plus que timide dans sa réforme du système patriarcal en droit de la famille. Si les législateurs ontariens et québécois ont refusé de remettre en question la source de l'injustice, ils ont au moins éliminé certaines conséquences injustes découlant du mariage. Les législateurs québécois et ontariens ont reconnu l'égalité et l'autonomie juridiques des conjoints auxquelles s'opposait la doctrine de l'unité du couple, pronée par l'Eglise et reprise par la loi. Le législateur néo-brunswickois est resté fidèle au patriarcat et à la tradition. Seul le législateur québécois est allé aussi loin que de reconnaître l'égalité complète de l'homme et de la femme mariés en permettant à chacun de conserver son nom et de le donner à ses enfants. Sous ce rapport, les législateurs ontarien et néo-brunswickois ont préféré maintenir le patriarcat et la tradition. ●

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1984 CHEA Incentive Awards

One year's membership in CHEA is awarded by the Association to a student showing outstanding professional potential in schools, colleges or faculties of home economics in Canada. When two or more award winners are named, additional awards were made by the faculty or a member of the faculty.

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Have your card printed in the *Canadian Home Economics Journal*. The next deadline is December 1, 1984. Don't miss it! The charges for a single-space listing are:

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Charges for a double-space listing are available on request.

This listing is limited to consulting and professional services. To reserve space send two copies of your business card to:

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"Membership" Power
will make our Association more effective

RECRUIT A MEMBER TODAY

Give the form on this page to a home economist you know

CONDITIONS OF MEMBERSHIP

MEMBERSHIP CLASSES

There are five classes of membership: active including life, associate, student, reserve and honorary.

ACTIVE MEMBERS

1. Active membership shall be limited to individuals with the following qualifications whose application is approved by the Board of Directors:
   a. a degree in Home Economics from a recognized university or
   b. a degree in a related field from a recognized university who by interest and activity serves the goals of the Association or,
   c. was a member in good standing of the unincorporated body known as the Canadian Home Economics Association at the time of the incorporation of the Association and who maintains continuous membership in good standing of this Association.
   d. The Board of Directors may grant active membership to one who, after five years of associate membership in the Association, is deemed to have made an active contribution to the Association or the profession.
2. An individual who has had continuous active membership for at least ten years immediately prior to applying for life membership may become a life member subject to the approval of the Board of Directors.

ASSOCIATE MEMBERS

Associate membership shall be limited to individuals with the following qualifications whose application is approved by the Board of Directors:

A secondary school certificate and:
- a. a Home Economics diploma granted by a recognized college or School of Technology after two years of successful study, or
- b. a provincial Home Economics teacher's certificate, or
- c. a provincial teacher's certificate with additional training in Home Economics equivalent to at least one year of successful study, or
- d. training in home economics equivalent to two years of successful study, with continued part-time study towards the completion of a degree in home economics or home economics education.

STUDENT MEMBERS

Student membership shall be granted to a person enrolled in a **full-time** undergraduate program at any Canadian university, faculty, college, school or department which is eligible to send voting delegates to the ACHES convention.

RESERVE MEMBERS

Reserve membership may be granted on application to the Board of Directors to those who qualify as active or associate members, and who are now:
- a. graduate students enrolled in full-time post graduate study in home economics or a related field for a minimum of six months of the membership year, April 1 to March 31
- b. home economist employed on an average of less than 10 hours per week
- c. retired

HONORARY MEMBERS

Honorary membership is awarded from time to time to distinguished individuals who have made note worthy contributions to some aspect of the profession of Home Economics who *are not* employed as home economists.

An Honor Award is granted by unanimous vote of the Board of Directors to honor a member for outstanding leadership and service to the Association and/or the profession of Home Economics over a period of years.

Membership is effective for twelve months beginning March 31, June 30, September 30, or December 31.

FEES —	1983	1984
Active and Associate members (annual)	75.00	85.00
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Membership includes subscription to the Canadian Home Economics Journal published Spring, Summer, Fall, Winter.

Home Economics graduates from Canadian universities for the year of graduation with their qualifying degree may become members of the Association at a fee which is one-half the current active/associate membership fee.

CANADIAN HOME ECONOMICS ASSOCIATION
L'ASSOCIATION CANADIENNE D'ECONOMIE FAMILIALE
805-151 rue Slater Street, Ottawa, Ontario K1P 5H3 (613) 238-8817/238-8819

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Have you ever been a member of CHEA Avez-vous dejà ete membre de l'ACEF? ☐ Yes ☐ No

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K1P 5H3

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Deadline for submission of articles or items for the **Spring 1985** issue of the CHEJ is **December 15, 1984** and for the **Summer 1985** issue is **March 1, 1985.**

La date limite pour faire une soumission pour le numéro de **printemps 1985** de RCEF est le **15 décembre, 1984.** Pour le numéro d'**été, 1985** de RCEF, la date est le **1er mars, 1985.**

If you are interested in **reviewing a book** please contact the Book Review Editor
Elizabeth Barker
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stating your area of interest.
A complimentary book which may be kept will be sent to you for review.

Si vous vous intéressez à **faire un compte rendu d'un livre,** veuillez prendre contact avec le rédacteur des comptes rendus
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CANADIAN HOME ECONOMICS ASSOCIATION
L'ASSOCIATION CANADIENNE D'ECONOMIE FAMILIALE

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☐ If you wish to become active in CHEA, check here/Si vous désvez participer activement à l'ACEF, cochez:

Your interest ______________________

Ce qui vous intéresse ______________________

Letter to the Editor

*If you have a short statement you would like to make, an opinion you want known, or added information to supplement points raised or statements made in past articles, you are encouraged to write a "***letter to the editor.***" Such letters let us know of your interests and help to promote discussion among members.*

Lettre à la Rédaction

Si vous voulez faire un bref exposé, exprimer votre opinion, ou amener des renseignements supplémentaires sur des points traités dans des articles déjà parus, nous vous invitons à ***écrire à la rédaction.*** *Vous lettres nous permettent de savoir quels sont vos intérêts, et elles aident à stimuler la discussion parmi les membres.*

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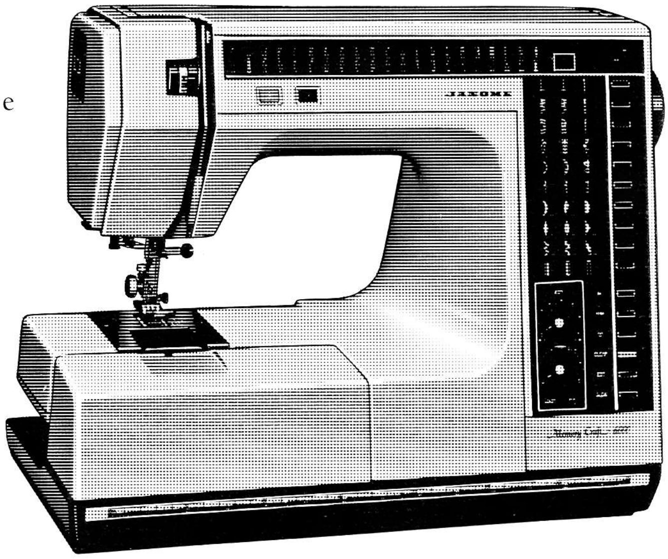

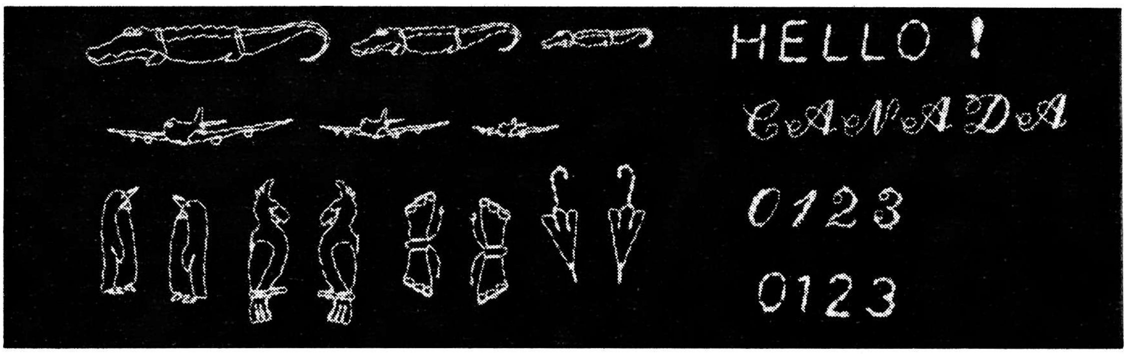

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